

# Wheat Berry Waldorf Salad

Vegan

## Ingredients

- 4 cups water
- $\frac{3}{4}$  tsp salt
- 1 cup wheat berries
- 2 Tbsp pecans, chopped
- 1 gala or mcIntosh apple
- 1 granny smith apple
- 1 clerby rib sliced thin
- $\frac{2}{3}$  cup packed fresh mint leaves, washed well, spun dry, and chopped
- $\frac{1}{2}$  cup craisins (or dried sour cherries)
- $\frac{1}{4}$  cup golden raisins
- 2 scallions, chopped
- 3 tbsp fresh orange juice
- $\frac{3}{4}$  tsp freshly grated orange zest

## Directions

1. in a 2 quart saucepan on a small burner bring water and salt to a boil and add wheat berries. Simmer wheat berries over low heat, covered, 45 minutes, or until tender. Drain wheat berries in a strainer and cool to room temperature
2. while the wheat berries are cooking, complete the following pre-prep: chop the pecans, wash the apples (do not peel them); wash and chop celery into small chunks (no larger than  $\frac{1}{2}$  inch, measure with a ruler); and clean and chop the scallions into  $\frac{1}{4}$  inch pieces (measure with a ruler). Wash the orange. Using a microplane grater, remove the zest from the orange before juicing it using the wooden citrus juicer.
3. In a small bowl, whisk together the rice vinegar, orange juice, and orange zest.
4. When wheat berries are cool, place in a large glass bowl. Core and chop the apples (do not do this until the last minute) into small chunks (no larger than  $\frac{1}{2}$  inch, measure), chop the mint, and toss both with the cooked wheat berries. Add all remaining ingredients. Season salad with salt and pepper, place serving spoon in bowl and serve.