

Apple Wheatberry Salad

Serves 4 – 6

1 cup uncooked wheat berries

3 Tablespoons cider vinegar

3 Tablespoons olive oil

1 teaspoon honey

1/2 teaspoon salt

1 Granny Smith apple diced

1 small fennel bulbs thinly sliced

1 Tablespoons chopped fennel fronds

1/4 cup chopped walnuts

¼ cup chopped mint

Directions:

1. Add wheatberries plus 2 1/2 cups water to a covered sauce pan. *Boil for 45 minutes. Drain and set aside.
2. In a large bowl, whisk together vinegar, oil, honey and salt.
3. Stir in apples, fennel, fronds, walnuts, mint and wheatberries. Enjoy hot or cold.

*Not all the water will be absorbed. Wheatberries will have a firm but chewy texture.