



Cinnamon-Soaked Wheat Berry Salad

Serves 6

Salad

1 cup wheat berries
1 2-inch cinnamon stick
¼ tsp. coarse sea salt
3 medium carrots, peeled and cut into ¼-inch dice
1 heaping cup thinly sliced dried apricots
½ cup toasted slivered almonds
6 Tbs. chopped cilantro

Dressing

3 Tbs. apple cider vinegar
3 Tbs. olive oil
1 Tbs. lemon juice
1 heaping tsp. Dijon mustard
1 tsp. pure maple syrup
¼ tsp. ground cinnamon

To make Salad: Soak wheat berries and cinnamon stick in 3 cups water 8 hours, or overnight.

Bring wheat berries, cinnamon, and soaking water to a boil in medium saucepan. Reduce heat to medium-low, cover, and simmer 1 hour, or until tender but still chewy. Drain off remaining liquid, if necessary; remove cinnamon stick; and set aside.

Meanwhile, bring salt and 1 qt. water to a boil. Add carrots, and cook 2 minutes, or until tender. Drain, and plunge in bowl filled with ice water to stop cooking. Drain again.

Toss carrots with wheat berries, apricots, almonds, and cilantro in bowl.

To make Dressing: Blend all ingredients in blender until creamy. Season with salt and pepper, if desired, and stir into Salad. Cover, and chill 1 hour to allow flavors to marry. Remove Salad from refrigerator 30 minutes before serving.

Credit - Vegetarian Times