



Wheat Berry Salad

Serves 6

1 cup wheat berries

Kosher salt

1 cup finely diced red onion

6 tbl. good olive oil, divided

2 tbl. balsamic vinegar

3 scallions, minced, white and green parts

½ red bell pepper, small diced

1 carrot, small diced

½ tsp. freshly ground black pepper

Place the wheat berries in 3 cups of boiling salted water and cook, uncovered, over low heat for approximately 30 -45 minutes, or until they are soft but still have some bite to them. Drain.

Sauté the red onion in 2 tbl. of olive oil over medium-low heat until translucent, approximately 5 minutes. Turn off the heat and add the remaining 4 tbl. of olive oil and the balsamic vinegar.

In a large bowl, combine the warm wheat berries, sautéed onions, scallions, red bell pepper, carrot, ½ tsp. salt and the pepper. Allow the salad to sit for at least 30 minutes for the wheat berries to absorb the sauce. Season to taste and serve at room temperature. This salad only gets better with time; so don't worry about making it a day or two ahead.

Credit – Ina Garten