

Wheat Berry Salad

Wenatchee School District

Recipe Category: Salad (grain, vegetables)

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Cooked Wheat Berries		1 gal		2 gal			<ol style="list-style-type: none"> Place wheat berries in a large saucepan and fill with cold water about an inch deeper than the wheat berries. Simmer for about an hour or until tender. While the wheat berries are cooking, dice the onion, carrot and celery and place in a bowl. Drain the wheat berries in a colander and rinse with cold water, add them to the bowl of vegetables. Add dried cranberries to the bowl. In another bowl, whisk together the ingredients for the vinaigrette. Pour lemon-garlic vinaigrette over the berry mixture and mix until well coated. Fold in the roasted squash (see recipe #47). <p>CCP: Refrigerate until the salad reaches 41°F or less for cold service.</p>
Onion, small dice		2 cups		1 Qt			
Carrot, small dice		2 cups		1 Qt			
Celery, small dice		2 cups		1 Qt			
Dried Cranberries		2 cups		1 Q			
Lemon-Garlic Vinaigrette							
Lemon Juice		2 cups		1 Qt			
Olive Oil		2 cups		1 Qt			
Minced Garlic		¼ cup		½ Cup			
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp			
Black Pepper		1 Tbsp 1 tsp		2 Tbsp 2 tsp			
Roasted Winter Squash		1 Qt 3 cup		3 Qt 2 cup			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
½ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
	½	¼ cup (⅓ cup red/orange, ⅓ cup other)	

Nutrient Analysis		
Calories: 216	Saturated Fat: 1.81 grams	Sodium: 295 mg