



Wheat Berry Salad

Whole grain-rich wheat berry salad with cranberries, apples, and black beans in a sweet citrusy dressing developed by the California Culinary Centers for school food service menu planning.

Yields 60 Servings

This recipe yields one–18 inch by 26 inch by 4 inch, steam table pan of salad for 60 servings: $\frac{1}{2}$ cup or one number 8 scoop.

Ingredients

Ingredients list includes measure by **weight** or volume. Choose one measure, either **weight** or volume, for the ingredient. **Weight** is listed first in bold.

2 pounds or 1 quart and 1 cup uncooked, dry wheat berries

1 quart and 3 cups hot water

8 $\frac{1}{2}$ cups or 1 $\frac{1}{4}$ number 10 can canned black beans (U.S. Department of Agriculture [USDA] food item)

2 cups fresh celery, chopped

8 cups whole fresh red or green apples, cored and chopped

1 $\frac{1}{2}$ cups dried cranberries (USDA food item)

$\frac{3}{4}$ cup lemon juice

2 cups orange juice (USDA food item)

$\frac{7}{8}$ cup vegetable oil (USDA food item)

1 tablespoon table salt

2 teaspoons ground black pepper

Directions

1. Preheat conventional oven to 350° F.
2. Combine wheat berries with hot water in 18 inch by 20 inch by 4 inch steam table pan. Cover and cook for 45 minutes.
3. Cool wheat berries in refrigerator. Critical Control Point (CCP): To cool, reduce temperature from 135°F to 70°F within 2 hours and from 70°F to 41°F within 4 hours.
4. Drain black beans.
5. Rinse celery and apples under cool running water. Discard root end and chop celery to equal 2 cups. Core and chop apples to equal 8 cups.
6. Combine black beans, celery, apples, and cranberries with cooled wheat berries.
7. Combine lemon juice, orange juice, oil, salt, and pepper in bowl for dressing. Whisk together.
8. Pour dressing mixture over wheat berry mixture. Toss well to combine.

9. Refrigerate salad for at least two hours to allow for flavors to develop. Mix well before serving. CCP: Refrigerate 41°F or lower.
10. Serve $\frac{1}{2}$ cup or one number 8 scoop. Serve cold.

Nutritional Analysis

Calories, in K calories: 128.00

Carbohydrates, in grams: 20.88

Protein, in grams: 4.21

Saturated fat, in grams: 0.45

Trans fat, in grams: 0

Total fat, in grams: 3.31

Sodium, in milligrams: 161.84

Serving Suggestion

- Yield 60 $\frac{1}{2}$ cup servings (one number 8 scoop)
- Alternate dressing: Toss with premade raspberry dressing
- If letting set overnight, may need to add orange juice prior to service, as wheat berries may soak up excess liquid.
- Recipe can be made same day or marinated overnight for best flavor.

Contribution to Meal Pattern

The contribution to the meal pattern for this recipe is based on the suggested serving size above.

- 0.5 ounce equivalents whole grain-rich
- $\frac{1}{2}$ cup fruit
- $\frac{1}{2}$ cup vegetables ($\frac{1}{2}$ cup legumes)

If you decide to modify this recipe or serving size, you may use the tools available on the [CA Culinary Centers Standardized Recipes web page Resources tab](#) to create your own standardized recipe or find the contribution to the meal pattern.

U.S. Department of Agriculture Food Items

- Canned low sodium black beans
- Dried cranberries
- Orange juice
- Vegetable oil

Preparation Time

- Preparation to serve time: 1 hour for 60 servings and 1 hour 5 minutes for 90 servings

Critical Control Point (CCP)

- CCP: To cool, reduce temperature from 135°F to 70°F within 2 hours and from 70°F to 41°F within 4 hours.
- CCP: Refrigerate at 41°F or lower.