

Wheat Berry Salad



NUTRITION INFORMATION

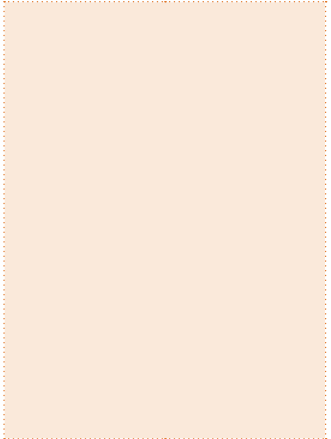
SERVING SIZE: ½ cup

Amount per Serving

Calories	118 kcal
Protein	2.70 g
Carbohydrate	25.75 g
Total Fat	0.78 g
Saturated Fat	0.09 g
Cholesterol	0 mg
Vitamin A	24.45 IU
Vitamin C	2.91 mg
Iron	0.76 mg
Calcium	6.72 mg
Sodium	258.68 mg
Dietary Fiber	3.83 g

EQUIVALENTS: ½ cup provides .25 oz equiv WGR grain.

Recipe HACCP Process: #2 Same Day Service



Wheat Berry Salad • 50 servings (½ cup)

INGREDIENTS		MEASURE	METHOD
Soft winter wheat berries	2 lb	1 qt + ½ cup	<p>❶ Bring a large pot of water to a boil. Add wheat berries and cook until tender and starting to split, about 40 minutes. Drain and set aside to cool.</p> <p>❷ Meanwhile, peel sweet potatoes and cut into ¾-inch dice.</p> <p>❸ Preheat convection oven to 350°F or conventional oven to 375°F.</p> <p>❹ Toss the sweet potatoes, oil, cinnamon, brown sugar and nutmeg in a medium bowl. Spread evenly on a half sheet pan and cook until tender and browned, about 20 minutes. Set aside to cool.</p> <p>❺ Combine the cooled wheat berries, roasted sweet potatoes, cranberries, salt and pepper in a large bowl and toss to combine.</p>
Sweet potatoes	2 lb 6 oz	2 medium	
Olive oil		2 Tbsp	
Ground cinnamon		2 tsp	
Brown sugar		½ cup (packed)	
Ground nutmeg		Pinch	
Dried cranberries		3 cups	
Kosher salt		1 Tbsp	
Ground black pepper		2 tsp	

NOTES

You could substitute brown rice or barley for the wheat berries.

