

Wheat Berry Salad with Pineapple

Winona Public Schools

HACCP Process: #2 Same Day Service

Number of Portions: 40

Portion Size: 1/4 cup

One portion provides: 1/2 serving grains/breads and

1/8 cup vegetables/fruits

Ingredients	
Wheat berries, hard white	2 cups
Cider vinegar	1/4 cup
Apple juice, unsweetened	1/4 cup
Lawry's seasoning salt	2 tsp
Black pepper	1/2 tsp
Nutmeg, ground	1/2 tsp
Cinnamon, ground	1/2 tsp
Olive oil	1/2 cup
Lemon juice, raw	1/8 cup
Honey	3 tbsp
Pecans, chopped	1 cup
Pineapple, raw, diced	2 cups
Celery, raw, diced	2 cups
Cranberries, dried, sweetened	1 cup

Instructions

1. Soak the berries in water to cover by 2 inches overnight. Drain and set aside.
2. Bring 2 quarts of water to a boil. Add the wheat berries and simmer uncovered for 50 minutes or until all the water is absorbed and berries are tender. Remove from heat and cool completely. Refrigerate until ready to assemble salad.
3. Whisk together the vinegar, juice, salt, pepper, nutmeg, cinnamon, olive oil, lemon juice and honey until thoroughly combined.
4. In a large bowl, combine the wheat berries, nuts, pineapple, cranberries, and celery.
5. Pour dressing over the mixture and gently stir until well combined.
6. Serve chilled or room temperature.

Nutritional Information					
Calories	96	Iron	1 mg	Protein	1 g 6%
Cholesterol	0 mg	Calcium	11 mg	Carbohydrates	13 g 54%
Sodium	82 mg	Vitamin A	30 IU	Total Fat	4.9 g 46%
Dietary Fiber	2 g	Vitamin C	5 mg	Saturated Fat	0.6 g 5.5%
				Trans Fat	0.0 g 0.0%