

WHEAT BERRY & BLACK BEAN SALAD WITH RED BELL PEPPERS K-12



INGREDIENTS

2 lbs **Wheat Berries**

< <https://inharvestfoodservice.com/products/wheat-berries/> >

2 1/2 quarts black beans, low sodium canned, drained

5 cups red bell peppers, chopped

5 cups corn kernels, thawed if frozen

1 1/4 cup cilantro, chopped

3 1/2 T ground cumin

3/4 cup lime juice

2 1/2 T kosher salt

1 1/4 t black pepper

2/3 cup vegetable oil

DIRECTIONS

1. Cook InHarvest Wheat Berries according to package instructions. (The wheat berries should be very tender, yet still retain their natural chewy texture.)
2. Lay the wheat berries out on a sheet pan and chill.
3. In a large bowl, combine the wheat berries, black beans, bell peppers, corn and cilantro.
4. To make the dressing, in a separate bowl, whisk together the lime juice, cumin, salt,

pepper and oil.

5. Pour the dressing over the salad and toss well to combine.
6. Cover and refrigerate the salad for at least 2 hours to allow the flavors to develop.
Mix well before serving.

NUTRITION FACTS

Per serving: 215 cal., 9 g pro., 36 g carb., 9 g fiber, 5 g fat, <1 g sat. fat, 0 g chol., 406 g sod.

CREDITING INFORMATION

A 1-cup serving provides 1 grain/bread serving, ¼ cup vegetable (1/8 cup red/orange, 1/8 cup starchy), 1 oz meat/alt.