

Wheatberry Salad

1 cup wheatberries

½ cup dried cherries

½ cup raisins

½ cup currents

1 Fuji apple – cut into small pieces

¼ cup green onions – chopped

½ cup slivered almonds – toasted

Boil wheatberries for 1 hour. Cool.

Mix all ingredients together

Dressing

½ Tbl diced shallot

2 Tbl Balsamic Vinegar

1 Tbl Dijon Mustard

1/8 tsp salt

¼ tsp pepper

¼ cup canola oil

Mix together and pour over wheatberry mixture.

Tip: you can also add some cubed Monterey Jack cheese