

Wheat Berry & Black Bean Salad

YIELDS 6 SERVINGS
PORTION 1/2 CUP

INGREDIENTS

8 oz	Wheat Berries (about 1 ¼ cups)
5 cups	Water
3 cups	Black Beans, canned, drained, low sodium
1 ¼ cups	Red Bell Peppers, chopped
1 ¼ cups	Corn Kernels, thawed if frozen

¼ cup	Cilantro, chopped
2 ½ tsp	Cumin, ground
3 Tbsp	Lime Juice
½ tsp	Kosher Salt
½ tsp	Black Pepper
3 Tbsp	Vegetable Oil

DIRECTIONS

1. Bring water to a boil in a pot. Add wheat berries, reduce heat and simmer, covered for 50-60 minutes. (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.

330 CALORIES | 8g **FAT** | 1g **SATURATED FAT** | 440mg **SODIUM** | 55g **CARBOHYDRATES**
15g **FIBER** | 3g **SUGAR** | 14g **PROTEIN**



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