Wheat Berry Salad

Cooking time: 60 minutes HACCP Process #2 Same Day Service



1 Serving Provides: CACFP: ¼ cup Vegetable, 1 ounce Grains

NSLP: ¼ cup Additional Vegetable, 1 ounce Grains SFSP: ¼ cup Vegetable, 1 ounce Grains

	12 Servings		24 Servings			
Ingredients	Weight	Measure	Weight	Measure		
Dry wheat kernels	7 ounces		14 ounces			
Carrots, peeled, diced	6 ounces	1¼ cups	12 ounces	2½ cups		
Red bell pepper, seeded, diced	6 ounces	1¼ cups	12 ounces	2½ cups		
Celery, diced	6 ounces	1 cup + 2 Tablespoons	12 ounces	2¼ cups		
Green onions, sliced		½ cup		1 cup		
Fresh parsley, minced		2 Tablespoons		¼ cup		
Unseasoned rice vinegar		½ cup		1 cup		
Water		2 Tablespoons		¼ cup		
Vegetable oil		1 Tablespoon		2 Tablespoons		
Garlic powder		½ teaspoon		1 teaspoon		
Salt		1⁄4 teaspoon		½ teaspoon		



Directions

- Place dry wheat kernels in a large saucepan or steam jacketed kettle and add water to cover by 3 inches. Bring to a rolling boil, then reduce heat to a simmer. Cover and continue to simmer for 1 hour, or until the wheat kernels are tender but still chewy. Drain the cooked wheat berries and rinse with cold water. Place in a large mixing bowl.
- 2. Add the carrots, bell pepper, celery, onions and parsley to the wheat berries in the mixing bowl.
- 3. In a separate bowl, whisk together the rice vinegar, water, vegetable oil, garlic powder and salt. Pour dressing over the salad and mix until salad is well coated.

CCP: Hold for cold service at or below 41°F.

Just before service stir the salad again to distribute any dressing that may have settled to the bottom. Serve ½ cup portions using a #8 scoop.

Wheat Berry Salad, continued

Serving	Yield	Volume	Nutrients Per Serving					
½ cup	12 Servings: about 2 pounds 4 ounces 24 Servings: about 4 pounds 8 ounces	12 Servings: about 1 quart 2 cups 24 Servings: about 3 quarts	Calories Total Fat Saturated Fat Cholesterol	79 1.5 g 0.1 g 0 mg	Sodium Carbohydrate Dietary Fiber Protein	70 mg 14 g 3 g 2.5 g	Vitamin A Vitamin C Iron Calcium	2975 IU 21 mg 0.7 mg 20 mg

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