

# 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

Ingredients	12 Servings		24 Servings	
	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		¼ teaspoon		½ teaspoon



## Directions

1. 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.

*continues*

# 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	79	Sodium	70 mg	Vitamin A	2975 IU
			Total Fat	1.5 g	Carbohydrate	14 g	Vitamin C	21 mg
			Saturated Fat	0.1 g	Dietary Fiber	3 g	Iron	0.7 mg
			Cholesterol	0 mg	Protein	2.5 g	Calcium	20 mg