## **Wheat Berry Salad**

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



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

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

	48 Servings		96 Servings			
Ingredients	Weight	Measure	Weight	Measure		
Dry wheat kernels	1 pound 12 ounces		3 pounds 8 ounces			
Carrots, peeled, diced	1 pound 8 ounces	1 quart + 1 cup	3 pounds	2 quarts + 2 cups		
Red bell pepper, seeded, diced	1 pound 8 ounces	1 quart + 1 cup	3 pounds	2 quarts + 2 cups		
Celery, diced	1 pound 8 ounces	1 quart + ½ cup	3 pounds	2 quarts + 1 cup		
Green onions, sliced		2 cups		1 quart		
Fresh parsley, minced		½ cup		1 cup		
Unseasoned rice vinegar		2 cups		1 quart		
Water		½ cup		1 cup		
Vegetable oil		¼ cup		½ cup		
Garlic powder		2 teaspoons		1 Tablespoon + 1 teaspoon		
Salt		1 teaspoon		2 teaspoons		



## 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	48 Servings: about 9 pounds 96 Servings: about 18 pounds	48 Servings: about 1 gallon 2 quarts 96 Servings: about 3 gallons	Calories Total Fat Saturated Fat	79 1.5 g 0.1 g	Sodium Carbohydrate Dietary Fiber	70 mg 14 g 3 g	Vitamin A Vitamin C Iron	2975 IU 21 mg 0.7 mg	
			Cholesterol	0 mg	Protein	2.5 g	Calcium	20 mg	

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