



A Nutrition Resource

# SWEET WHEAT BERRY SALAD

**Yield: 6 Servings | Serving Size: 3/4 Cup**

**Cost/Serving: \$0.48**

## Ingredients:

- 3/4 cup wheat berries
- 2 3/4 cups water
- 1 Tablespoon + 1 teaspoon olive oil
- 1/2 cup onion, minced
- 1 apple, chopped
- 1/4 cup walnuts, chopped
- 1/2 cup diced canned pears, packed in light syrup
- 2 Tablespoons vinegar
- Salt and pepper (optional)

## Directions:

- 1) Thoroughly rinse wheat berries, discarding any rocks that may be present.
- 2) Add wheat berries, water, and 1 teaspoon olive oil to a medium saucepan and cover.
- 3) Bring the water to a boil and then reduce heat to simmer for 45 minutes or until wheat berries have plumped and chew easily. Add more water and extend the cooking time if needed.
- 4) Remove from heat when done and drain any excess liquid out of the saucepan.
- 5) Drain pears, reserving the pear syrup in a medium bowl.
- 6) In a medium pan, sauté 1 Tablespoon olive oil, onion, apple, and walnuts for 5 to 10 minutes on medium heat until onion is translucent, and walnuts are fragrant.
- 7) Add the cooked wheat berries, 1/2 cup of drained pears, 1.4 cup of pear syrup, and vinegar to the pan and stir.
- 8) Cook for two minutes longer and remove from heat.
- 9) Refrigerate immediately. Serve chilled on top of salad greens.

## Nutrition Facts

6 servings per container

**Serving size 3/4 cup (206g)**

Amount per serving

**Calories 170**

% Daily Value\*

**Total Fat 6g 8%**

Saturated Fat 0.5g 3%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 55mg 2%**

**Total Carbohydrate 25g 9%**

Dietary Fiber 5g 18%

Total Sugars 6g

Includes 0g Added Sugars 0%

**Protein 4g**

Vitamin D 0mcg 0%

Calcium 24mg 2%

Iron 1mg 6%

Potassium 85mg 2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



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