

# WHEATBERRY SALAD WITH TOASTED SESAME DRESSING

## Ingredients:

Adapted from [relish.com](http://relish.com)

- 1 cup wheat berries, rinsed
- 6 cups water, lightly salted
- 1 T canola oil
- 8 kale leaves, rinsed, stems removed and chopped
- 1/2 tsp salt
- pinch of red pepper flakes
- 1/2 pound carrots, peeled and sliced diagonally
- 1/2 red or yellow bell pepper, cut into thin strips
- 1/2 pound sugar snap peas, cut diagonally into thirds

## Dressing:

- |                                       |                            |
|---------------------------------------|----------------------------|
| 1/3 cup, plus 1 T canola oil, divided | 1 T sugar                  |
| 3 cloves garlic, thinly sliced        | 1/4 tsp salt               |
| 1/2 tsp mustard seeds                 | 1 green onion, sliced thin |
| 1/4 cup cider vinegar                 | 1 T toasted sesame oil     |

## Directions - for Dressing:

1. Heat 1 T canola oil in medium sauté pan. When hot, but not smoking, add garlic and mustard seeds. Sauté 2 minutes without browning.
2. Place vinegar, sugar, salt, green onion and garlic mixture in food processor. Pulse together, then turn on and drizzle canola oil in a thin stream to make an emulsion. Drizzle in sesame oil. Set aside, until ready to use.
3. May be made one day in advance; keep refrigerated until ready to use.

## For Salad:

1. Bring the 6 cups of water to a boil. Add Wheat berries and cook about 25 minutes until soft. Drain well.
2. Heat 1 T canola oil in a large deep skillet over medium heat. Add kale and saute until wilted, 5 to 7 minutes. Add salt and red pepper flakes. Add carrots and continue to cook another 5 to 7 minutes. Add bell pepper and peas. Cook until kale is tender and other vegetables are crisp-tender, about 4 to 5 minutes.
3. Combine vegetables, wheat berries and dressing. Toss well and serve at room temperature or slightly chilled.



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