



Wheat Berry Salad

Source: *New School Cuisine*

Servings

6

Ingredients

- 1/2 cup soft winter wheat berries
- 1 cup sweet potatoes, *diced*
- 1 tsp olive oil
- 1/4 tsp ground cinnamon
- 1 Tbsp brown sugar, *packed*

- Pinch of ground nutmeg
- 1/3 cup dried cranberries
- 1/4 tsp kosher salt
- 1/4 tsp black pepper



Preparation

1. **⌚** Bring large pot of water to boil. Add wheat berries and cook until tender and starting to split, about 40 minutes. Drain and set aside to cool.
2. **⌚** Meanwhile, peel sweet potatoes and cut into 3/8-inch dice.
3. **⌚** Preheat convection oven to 350°F or conventional oven to 375°F.
4. **⌚** Toss the sweet potatoes, oil, cinnamon, brown sugar, and nutmeg in a medium bowl. Spread evenly on a half sheet pan and cook until tender and browned, about 20 minutes. Set aside to cool.
5. **⌚** Combine the cooled wheat berries, roasted sweet potatoes, cranberries, salt, and pepper in a large bowl and toss to combine.

Did You Know?

What's in a bushel? One US bushel is approximately 8 gallons of dry crops. One bushel of wheat weighs about 60 pounds.

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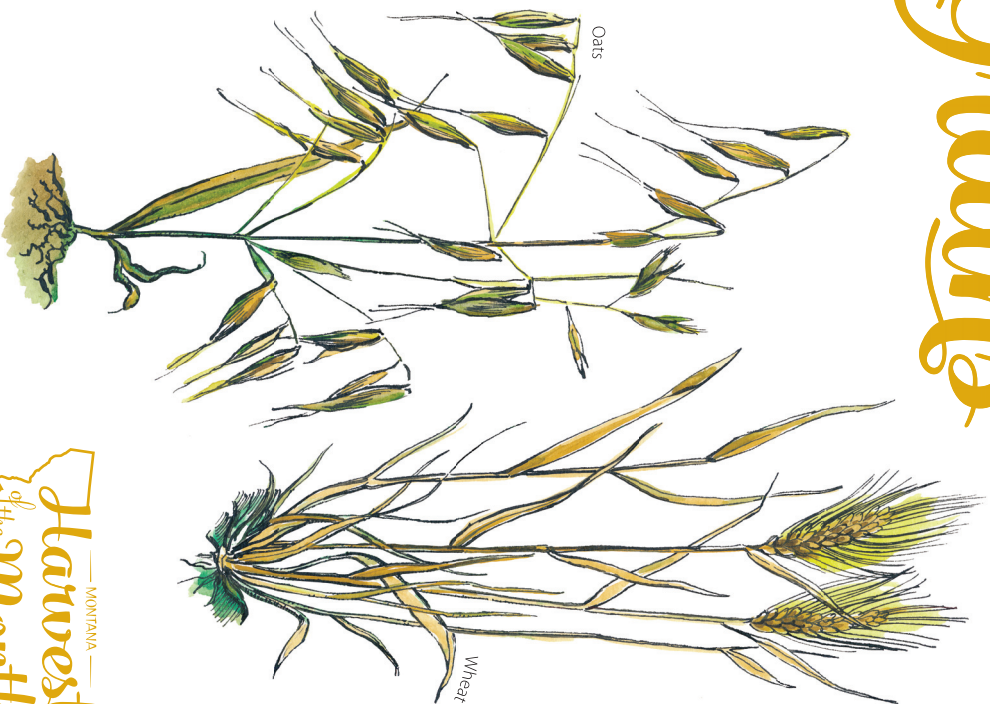


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