

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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