



WHEAT BERRIES WITH VEGETABLES

Makes 4–6 servings.

This dish is nutty, chewy, full of iron and protein. If you soak the berries overnight, it cuts down on the cooking time. I also add a variety of vegetables. You can experiment which vegetables you would like to add, or just serve it plain.

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- ½ cup frozen corn, thawed
- ½ cup frozen shelled edamame, thawed
- 1 medium zucchini, cubed
- 1 cup loosely packed flat leaf parsley, coarsely chopped
- Kosher salt
- Freshly ground black pepper

WHEAT BERRIES

- 1 cup wheat berries
- 1¼ cups water
- ¼ teaspoon kosher salt
- 1 tablespoon extra-virgin olive oil

PREPARATION

1. Place the wheatberries in a bowl and cover with cold water. Leave overnight.
2. When ready to cook, drain, place in a small saucepan add the remaining ingredients and bring to a boil over high heat. Lower the heat, cover and cook for about 1½ hours.
3. The kernels should be tender and the water absorbed (if the water is absorbed and the wheatberries are not tender, add a few tablespoons of boiling water and continue cooking).
4. Heat the olive oil in a wok and sauté all the vegetables except the parsley for a few minutes. Then add the wheat berries and the parsley. Season to taste.