

## Wheat Berry Salad with Strawberries and Dried Cherries



### Ingredients

- 1 1/2 cups uncooked wheat berries
- 3/4 cup dried cherries, chopped
- 1 1/2 cups strawberries, diced
- 1 cup pecan pieces
- 2 stalks celery, finely chopped

For the dressing:

- 3 1/2 tbsp olive oil
- 3 1/2 tbsp raspberry vinegar
- 2 tbsp orange juice

### Directions

Place wheat berries in large pot and fill with water so there is approximately 2 inches of water above the wheat berries. Bring to a boil and cook uncovered for an hour or until tender adding extra boiling water as necessary. I had to cook mine for a little over an hour and used the kettle to add extra water as it boiled off. Drain off excess water and let cool.

Heat oven to 350 F and bake pecans for 7-9 minutes until fragrant.

In a large bowl, combine the wheat berries, dried cherries, strawberries, pecans, and celery.

Mix well.

In a small bowl or measuring cup prepare the dressing. Whisk together the olive oil, vinegar and orange juice and then pour over the salad. Mix well.

Serve as a side dish or on a bed of spinach.

*Adapted from Eating Well's Recipe for Wheat Berry Salad with Red Fruit*

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