

Wheat Berry Waldorf Salad



Ingredients

- 1 1/2 cups uncooked wheat berries
- 1 cup chopped walnuts
- 2 medium chopped apples
- 1 cup raisins
- 1 1/2 cups chopped cabbage
- 6 tbsp apple juice
- 2 tbsp lemon juice
- 3 tbsp apple cider vinegar
- 3 tbsp olive oil
- 1/2 tsp ground nutmeg
- 1/2 tsp ground cinnamon

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.

Place cooked wheat berries in a large bowl.

Mix lemon juice and apple juice together in a small container. Chop apples and dip them in the juice. The citrus will keep the apple from turning brown in salad. Add apple to the bowl with the wheat berries.

Add apples, walnuts, raisins, cabbage to the wheat berries and mix well.

Add apple cider vinegar and olive oil to apple and lemon juice mixture and mix well.

Combine salad and dressing.

Adapted from Whole Foods' Wheat Berry Waldorf Salad.

www.VeggieYogi.com

