



WHEAT BERRY GREENS SALAD

INGREDIENTS

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- 1C REGNERATIVE WHOLE WHEAT BERRIES
- 1 LARGE CHOPPED APPLE
- 1 ORANGE PEELED AND SEGMENTED
- 2 STALKS GREEN ONION SLICED
- 1C BABY KALE LEAVES
- 1C SPINACH LEAVES
- 1 C TOASTED CHOPPED PECANS
- 1C DRIED CRANBERRIES

PREP TIME: 30 MIN

COOK TIME: 90 MIN

TOTAL TIME: 2 HOURS

DRESSING

- 3 T EVOO. 3T LOCAL HONEY. 1T APPLE CIDER VINEGAR. 1T FRESH LEMON JUICE. 1/8TSP SEA SALT & 1/4TSP PEPPER. COMBINE ALL DRESSING INGREDIENTS IN A SALD DRESSING CONTAINER. SHAKE TO COMBINE & KEEP CHILLED

SALAD

- IN LARGE HEAVY POT. COOK WHEAT BERRIES IN WATER 2" ABOVE THE BERRIES AND BOIL UNCOVERED FOR 90 MIN. DRAIN & COOL
- IN LARGE BOWL COMBINE GREENS. ONION. WHEAT BERRIES. APPLE & ORANGES.
- TOSS WITH DRESSING AND S&P AS NEEDED
- TOP WITH CHOPPED PECANS & DRIED CRANBERRIES