



ITALIAN WHEAT BERRY SALAD

ingredients:

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| 2/3 cup uncooked wheat berries | 3 Tablespoons cider vinegar |
| 1 can (15 ounces) chickpeas, drained and rinsed | 2 Tablespoons olive oil |
| 1 cup canned artichoke hearts, drained, rinsed and chopped | 2 teaspoons sugar |
| 3/4 cup red bell pepper strips | 1 teaspoon dried oregano |
| 3/4 cup diced cucumbers | 1 clove garlic, peeled, minced |
| 1/3 cup diced red onion | 1/4 teaspoon salt |
| 1/4 cup pitted Kalamata olives, halved | 1/4 teaspoon black pepper |

directions:

1. Cook wheat berries according to package directions, omitting salt.
2. Drain any excess liquid from cooked wheat berries and allow to cool before adding to salad.
3. In a large bowl, combine chickpeas, artichokes, red bell pepper, cucumber, red onion, and olives.
4. In a small bowl, whisk together vinegar, oil, sugar, oregano, garlic, salt, and black pepper.
5. Pour dressing over vegetable mixture, add wheat berries, toss to coat, and serve. Each serving is about 2/3 cup.

Yield: 8 servings

Nutrition Information Per Serving:

157 Calories
5 grams Fat
1 gram Saturated Fat
0 mg Cholesterol
194 mg Sodium
22 grams Carbohydrates
4 grams Fiber
5 grams Protein

Food exchanges:

1 starch, 1 vegetables, 1 fat



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