



Wheatberry and Bean Salad

The combination of whole grains and legumes both provides us with complete high-quality proteins and satisfies our cravings for a filling salad in Winter. Rich in taste, this whole grain-legume salad is refreshing yet filling. Plus, when is the last time you made wheatberries? The first time I ate wheatberries I fell in love with their crunchy texture and nuanced taste. When I learned that all you have to do to cook them is simply bring them to a boil and let simmer for an hour, I was smitten. Wheatberries provide plenty of magnesium, B1 and B3, and can be found in the bulk section of health stores or online.

Prep Time	Total Time	Serves
Ten minutes	Ten minutes	Six

Ingredients

- 1 cup cooked wheatberries*
- 1 cup cooked navy beans (canned OK)
- ½ cup chopped green onions
- ½ cup chopped celery
- 1 cup diced tomatoes
- 2 to 3 tablespoons parsley

Dressing:

- ½ cup extra virgin olive oil
- Juice of 1 lemon or lime
- 2 tablespoons red wine vinegar (or apple cider vinegar)
- 2 tablespoons minced red onion or shallot
- Salt & pepper to taste

Instructions

1. Mix all dressing ingredients and pour on top all of all other ingredients.
2. Stir well and refrigerate.
3. Serve cold.

Tips

*To cook wheatberries, simply bring them to a boil in twice the amount of salted water and let simmer, covered for an hour. In addition, any left over wheatberries make a great side dish -- use it like rice.

This salad falls in the wonderful category of dishes that you can make ahead so you can spend more time with guests. Plus it gives flavors a chance to blend. I recommend making this a day ahead. It is one of those dishes that you can easily take to work or to a party, like my [three-beans salad](#) or my [quinoa super bowl](#).

Wheat berries, or wheatberries, are the entire edible part of wheat kernels, meaning there is no hull (or outer shell) but includes the germ, bran and endosperm. Thus, they do contain gluten.