

# wheatberry salad

Servings : 8

Amount	Measure	Ingredient - Preparation Method
2	cups	hard red winter wheatberries
2	tablespoons	extra virgin olive oil
1/2	cup	extra virgin olive oil
1	cup	red onion - diced
1/2	cup	balsamic vinegar
1/2	cup	scallions - cut diagonally into 1/4" slices
1	small	red bell pepper - seeded and diced (1/4")
1	small	yellow bell pepper - seeded and diced (1/4")
1	cup	carrots - diced
1/2	teaspoon	salt
1/2	teaspoon	freshly ground black pepper

Bring a medium saucepan of water to a boil. Add wheatberries, cook until tender, 30-40 minutes. Drain and set aside.

Heat 2 tablespoons olive oil over low heat. Cook the onion until translucent, stirring occasionally, about 10 minutes. Remove pan from heat; add remaining olive oil and vinegar.

In a large bowl, combine the wheatberries, onion mixture, scallions, peppers, carrots, salt and pepper. Allow to sit for at least 1 hour at room temperature. Serve.