

Saskatoon Wheat Berry Salad

A whole grain salad featuring saskatoons. Saskatoons hold their shape and color even after being frozen so you can use either in this gorgeous salad.

Want to add more protein? Add your favourite nuts (walnuts would be great), beans (I would add chickpeas) or sliced cooked meat (chicken or pork).

Prep Time: 15 minutes

Calories: 256

Cook Time: 0

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Servings: 4



Ingredients:

1/3 cup raw or 1 cup cooked wheat berries

1 cup saskatoons fresh or frozen thawed

4-5 cups salad greens

Vinaigrette

1/2 carrot shredded

1/4 cup canola oil

1/2 small zucchini diced

3 Tbsp lemon juice juice of 1 lemon

1/2 red pepper diced

1 Tbsp honey

1/2 yellow pepper diced

1/2 tsp salt

1/3 cup chopped parsley

1/8 tsp pepper

2 green onions chopped

Instructions:

Rinse and drain wheatberries. Place in medium saucepan and cover with 1 to 2 inches of water. Bring to boil. Reduce heat and simmer covered for 50-60 minutes until tender. Drain any remaining water and cool.

Wash and dry salad greens.

On a large platter or on individual plates, arrange salad greens.

Layer wheat berries and remaining ingredients on top of greens in any way you wish.

Vinaigrette

In a screw top jar, combine oil, lemon juice, honey, salt and pepper.

Shake vigorously until well mixed. Serve next to salad to allow each person to dress their own salad.



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Source: <https://www.gettystewart.com/saskatoon-wheat-berry-salad-whole-grain-salad/>