

WHEAT BERRY WALDORF SALAD



Ingredients:

1½	Cups	Wheat Berries
2	Quarts	Water, salted
1	Medium	Apple, cored & chopped
1	Medium	Pear, cored & chopped
1	Cup	Seedless Grapes, halved
½	Cup	Walnut Halves, toasted & chopped
½	Cup	Celery, sliced thin
1	Large	Orange, zested & juiced
2	6 Ounce	Yogurt, plain
¼	Cup	Agave Syrup (or honey)

Directions:

1. Bring wheat berries and water to a boil. Cover, reduce heat and simmer until wheat berries are cooked – about 1 hour. (They will retain a firm, chewy texture). Drain and chill.
2. In a small bowl, whisk together the yogurt, agave, orange zest and juice.
3. In a separate bowl, combine apples, pears, grapes, walnuts and celery. Add cooled wheat berries and mix well. Toss with the yogurt dressing.