

## Fruit and Nut Wheat Berry Salad

(V) – This recipe is a vegan option recipe!

### **Ingredients:**

- 2 cups of Wheat berries
- 2 tablespoons Sesame Oil
- ¼ cup sunflower seeds
- ¼ cup toasted almonds
- ½ cup yellow pepper
- ½ cup shredded carrots
- ¼ cup dried cranberries
- 2 fresh oranges – slices cubed
- 1 teaspoon orange zest
- ¼ teaspoon all spice
- ¼ tsp cinnamon
- ½ Tablespoon fresh chopped ginger
- 1/8 teaspoon salt
- 2 Tablespoons chopped green onion
- ¼ teaspoon pepper flakes
- 1 Chai tea bag
- 1 teaspoon salt



### **Directions:**

- 1) Cook wheat berries as indicated on package
- 2) While cooking add Chai tea bag, cinnamon & allspice
- 3) When al dente; drain excess water and place hot wheat berries in a bowl with orange zest, ginger and dried cranberries. Place in refrigerator for 20 minutes or until cool.
- 4) Add the remainder of the ingredients
- 5) Mix well and serve.

### **Nutritional Analysis:** (per serving)

- Calories: 280
- Fat: 6 g
- Saturated Fat: 0.5 g
- Sodium: 360 mg
- Protein: 5 g
- Carbohydrate: 56 g
- Sugars: 2 g
- Dietary Fiber: 2 g
- Potassium: 95 mg

### **Source:**

Source: Donna Setta, AVI Executive Chef