



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Wheat Berry Salad with Vinaigrette

U.S.

Metric

For the salad:

1 cup	Wheat Berries	200 g
2 cups	Water	475 mL
3/4 cup	Cucumber, diced	78 g
1/2 cup	Cherry Tomatoes, sliced in half	90 g
1/2 cup	Carrot, peeled, diced	64 g
1/3 cup	Vinaigrette	75 MI

For the Vinaigrette:

1/2 cup	Olive Oil	115 mL
1/4 cup	Red Wine Vinegar	60 mL
1 Tbsp	Dijon Mustard	15 g
1 Tbsp	Honey	21 g
1 tsp	Garlic Powder	0.6 g
1/2 tsp	Oregano, dried	0.5 g
1/2 tsp	Thyme, dried	0.5 g
1/2 tsp	Salt, Kosher	3 g
1/2 tsp	Black Pepper, ground	1.2 g

Preparation:

1. Gather all ingredients and equipment.
2. Place a large pot over medium-high heat. Add the wheat berries and water to the pot and bring it to a boil then drop to a simmer. Simmer the wheat berries on low until tender, about 30 minutes.
3. Once tender, transfer the wheat berries to a sheet pan and place them in the fridge to cool, about 10-15 minutes.
4. For the vinaigrette, combine all ingredients and whisk thoroughly.
5. Once wheat berries have cooled, combine the wheat berries, vegetables and vinaigrette in a large bowl, toss and serve.

****Nutrition Facts on Reverse**

11/10/16

Nutrition Facts	
Serving size	1/2 cup
Servings	6
Calories	190
Calories from Fat	90
Total Fat	9 g
Saturated Fat	1.5 g
Trans Fat	0 g
Monounsaturated Fat	7 g
Cholesterol	0 mg
Sodium	50 mg
Carbohydrates	24 g
Dietary Fiber	5 g
Sugars	2 g
Protein	4 g
Vitamin A	35 %
Calcium	0 %
Vitamin C	2 %
Iron	0 %
Phosphorus	7 mg
