

Black Bean, Mango & Kale Wheat Berry Salad

Recipe By: Carolyn Malcoun “Wheat berries give this healthy grain-salad recipe a toothsome bite. The chopped kale can be swapped for any dark leafy green, such as spinach or chard, if desired.”

Ingredients:

1/3	C	Extra-virgin olive oil
1/3	C	Lime juice
2	T	Minced shallot
3/4	t	Salt
1/2	t	Freshly ground black pepper
3	C	Cooked and cooled wheat berries (see Tips)
2	C	Rinsed low-sodium canned black beans
2	C	Chopped kale
1	C	Diced mango
1/4	C	Toasted sunflower seeds

Directions:

1. Whisk oil, lime juice, shallot, salt and pepper in a large bowl.
2. Add wheat berries, beans, kale and mango; stir to coat.
3. Serve topped with sunflower seeds.

Note:

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- To make 3 cups cooked wheat berries:
 - Bring 1 1/2 cups wheat berries and 5 cups water to a boil in a medium saucepan.
 - Reduce heat to maintain a gentle simmer; cover with a tight-fitting lid and cook until tender, 50 to 60 minutes. Drain if needed.