



Wheat Berry Salad with Tomato Basil Vinaigrette

Yield: 48 half-cup servings or 6 quarts

Ingredients

- 2 lbs. Indian Harvest Wheat Berries
- 1 qt. white beans, cooked
- 1 qt. tomatoes, diced, with juice
- ¼ c. Dijon mustard
- ¼ c. lemon juice
- 1 ⅓ T. garlic, minced
- 1 ⅓ T. kosher salt
- 1 t. pepper
- ½ c. olive oil
- 2 qts. tomatoes, grape or cherry, halved
- 1 c. basil, chopped
- 1 c. Parmesan cheese, grated

Directions

1. Cook Indian Harvest Wheat Berries according to package instructions. The wheat berries should be very tender, yet still retain their natural chewy texture.
2. Drain and cool completely on a sheetpan under refrigeration.
3. Using a blender or hand-held immersion blender, puree the canned tomatoes, Dijon mustard, lemon juice, garlic, salt and pepper.
4. With blender running, add the olive oil slowly and blend until emulsified. If no blender is available, use a whisk to combine ingredients.
5. Gently combine wheat berries, beans, fresh tomatoes, basil and parmesan with the dressing, using a rubber spatula to mix.
6. Refrigerate salad for at least 2 hours to allow the wheat berries to absorb the dressing and for the flavors to develop.