



Wheat Berry and Black Bean Salad

Yield: 10 ½ cup servings

<u>Ingredients</u>	<u>Amount</u>
Indian Harvest Wheat Berries, uncooked	8 oz.
Black beans, cooked	8 oz.
Diced red onion	¼ c.
Cilantro, chopped	½ c.
Cumin	2 ¼ t.
Lime juice	½ c.
Vegetable oil	¼ c.
Salt	2 t.
Black pepper	1 t.

Method:

1. Cook the Indian Harvest Wheat Berries according to package instructions.
2. Drain well and cool completely on a sheet pan.
3. In a large bowl, combine the Wheat Berries, black beans, onion and cilantro.
4. Whisk together the lime juice, cumin, salt, pepper and oil.
5. Pour over the salad and toss well to combine.
6. Adjust seasoning.

Premium selections for signature menus.