

ROASTED BEET & WHEAT BERRY SALAD

Chef Jeff Egan, Hunger Mountain Co-op, Montpelier, VT

1 ¼ c wheat berries

2 tbsp sunflower oil

1 c cooked beets, 1/2 inch cubes

2 t coarse salt

Dash ground cloves

¼ c orange juice

½ c currants or dried cranberries

½ c minced red onion

1 ½ c rough chopped flat leaf parsley

½ c toasted chopped walnuts

3 tbsp red wine or cider vinegar

Ground black pepper

Cook wheat berries about 40-60 minutes in 4 quarts salted water

Drain and toss with 1 tbsp of the sunflower oil in a large bowl; cool.

Toss cooked, cubed beets with remaining sunflower oil & salt; cool.

Sprinkle the clove powder over the beets.

Soak the currants or cranberries in the orange juice -10 minutes.

Add all ingredients together with the vinegar, salt and pepper

Serves 4-6 as a side dish.