

## Wheat Berry Salad

*Soak 2 cups of wheat berries overnight, after rinsing 3-4 times in fresh water. Cook with bay leaf for 1 hour or until tender.*

*Add:*

1/2 Cup of chopped red onion

1/2 Cup of diced red or green pepper

1/4 Cup of chopped toasted hazelnuts or pine nuts

1/2 tsp of dried basil

6 TBS of olive oil

2 TBS of white balsamic vinegar or apple cider vinegar

Salt and pepper to taste

