

Summer Wheat Berry Salad

For the Salad:

- 1 cup wheat berries
- 2 plum tomatoes seeded and chopped
- 2 cups green peas (fresh or frozen, blanched)
- 3 ounces Greek feta cheese, cut into small chunks
- Handful of flat-leaf parsley, chopped

For the Vinaigrette:

- $\frac{1}{2}$ cup extra virgin olive oil
- $\frac{1}{4}$ cup raw apple cider vinegar
- 2 Tablespoons balsamic vinegar
- $\frac{1}{2}$ to 1 teaspoon of sea salt
- pepper to taste

Directions:

1. Bring 4 cups of water to boil in a medium saucepan. Add a tablespoon of sea salt and wheat berries. Reduce to a simmer and cook until wheat berries are tender, about 25 to 30 minutes. Drain and cool.
2. In a medium bowl, combine the wheat berries with chopped tomatoes, green peas, and parsley . In a separate bowl whisk together the vinaigrette ingredients. Stir to combine with the wheat berries and vegetables. Add the feta cheese. Toss and serve.