



HARVEST OF THE MONTH

Ingredient: Grains

Wheat Berry Chickpea Salad

PREP TIME:	10 mins
COOK TIME:	20 mins
TOTAL TIME:	30 mins
SERVINGS:	4 Servings
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INGREDIENTS

1 15 oz can of chickpeas, rinsed and drained (roasted optional)
½ cup fruit, dried or fresh (apples, cranberries)
1 cup shredded carrots
1 medium cucumber, diced
1 cup cooked wheat berries (1/2 cup dry)
Pickled beets (optional)
Crumbled feta cheese (optional)

Salad Dressing

3 Tbsp olive oil
2-3 tsp honey
1 Tbsp red wine vinegar
Salt and pepper, to taste

INSTRUCTIONS

1. Cook wheat berries to package directions and cool.
2. Place all salad ingredients into a large bowl, and toss to combine
3. In a small bowl, whisk dressing ingredients, and pour onto salad. Mix well.
4. Refrigerate for 1 hour to marinate or serve immediately. Salad is best enjoyed within 2-3 days after making.