

WHEAT BERRY TABBOULEH

Ingredients

1 cup dry wheat berries	1 Tbsp fresh mint, or
2 cups water or broth	1 tsp dried mint
¾ cup chopped tomatoes	3 Tbsp extra-virgin olive oil
¾ cup chopped cucumber	3 Tbsp lemon juice
½ cup chopped fresh parsley	½ tsp kosher salt
¼ cup thinly sliced green onions	Sliced cucumber, optional
	Sliced lemon, optional

Directions

1. Place dry wheat berries in good-sized stockpot. Pour in water, enough to rise 1" above the submerged berries. Soak for 8 hours or overnight.
2. Drain. Return soaked wheat berries to stockpot. Add water or broth. Partially cover and bring to a boil. Simmer, partially covered, for 1 hour, or until tender. (This should result in 2 ½ cups cooked wheat berries.)
3. Set cooked wheat berries aside to cool to room temperature.
4. Drain berries. Mix in large bowl with tomatoes, chopped cucumber, parsley, green onions, and mint.
5. Combine oil, lemon juice, and salt in jar with tight-fitting lid. Cover and shake well.
6. Slowly pour dressing over wheat berry mixture. Toss to coat.

Serves 6