

WHEAT BERRY SALAD WITH RED FRUIT

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1/2 cup

Nutrition (per serving)

Calories: 148

Total Carbohydrate: 20

Total Fat: 4 g

Dietary Fiber: 3 g

Saturated Fat: 0 g

Protein: 3 g

Sodium: 118 mg

Ingredients

1/2 cup orange juice

1/4 tsp salt

2.5 cups wheat berries

6 Tbsp fat-free raspberry vinaigrette dressing

1/4 cup chopped mint leaves

1/3 cup dried cranberries

1/2 cup chopped pecans

2 red apples, diced

Directions

1. To prepare dressing, blend the orange juice, vinaigrette, and salt.
2. Put the wheat berries in a medium bowl. Pour the dressing over them and toss to coat. Set aside for about 15 minutes, tossing occasionally.
3. Add dried cranberries, pecans, and diced apples to the wheat berries; mix. Add mint leaves, if desired.