

Wheat Berry Salad

- 3-4 cups cooked wheat berries, You could use spelt or kamut as well
- 1 15 oz can corn, rinsed and drained
- 1 15 oz can Black Beans, rinsed and drained
- 1 Jicama, diced small
- 1 Red Pepper, diced
- ¼ cup red onion, diced
- ½ cup your favorite salsa
- 2 Tablespoons chopped parsley
- 2 Tablespoons chopped cilantro

Combine all of the above ingredients in a serving bowl. Pour dressing over the top and allow to sit (this will allow all the flavors to combine) in the refrigerator at least one hour prior to serving.

Dressing

Dressing

⅓ cup oil (vegetable, canola, or olive)

¼ cup white wine vinegar

¼ sugar, honey, or agave

2 Tablespoons fresh squeezed lime or lemon juice

¼ teaspoon black pepper