

Wheat Berry Salad

 Cooking time: 60 minutes

HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: ¼ cup Vegetable, 1 ounce Grains

NSLP: ¼ cup Additional Vegetable, 1 ounce Grains

SFSP: ¼ cup Vegetable, 1 ounce Grains

Ingredients	48 Servings		96 Servings	
	Weight	Measure	Weight	Measure
Dry wheat kernels	1 pound 12 ounces		3 pounds 8 ounces	
Carrots, peeled, diced	1 pound 8 ounces	1 quart + 1 cup	3 pounds	2 quarts + 2 cups
Red bell pepper, seeded, diced	1 pound 8 ounces	1 quart + 1 cup	3 pounds	2 quarts + 2 cups
Celery, diced	1 pound 8 ounces	1 quart + ½ cup	3 pounds	2 quarts + 1 cup
Green onions, sliced		2 cups		1 quart
Fresh parsley, minced		½ cup		1 cup
Unseasoned rice vinegar		2 cups		1 quart
Water		½ cup		1 cup
Vegetable oil		¼ cup		½ cup
Garlic powder		2 teaspoons		1 Tablespoon + 1 teaspoon
Salt		1 teaspoon		2 teaspoons



Directions

1. Place dry wheat kernels in a large saucepan or steam jacketed kettle and add water to cover by 3 inches. Bring to a rolling boil, then reduce heat to a simmer. Cover and continue to simmer for 1 hour, or until the wheat kernels are tender but still chewy. Drain the cooked wheat berries and rinse with cold water. Place in a large mixing bowl.
2. Add the carrots, bell pepper, celery, onions and parsley to the wheat berries in the mixing bowl.
3. In a separate bowl, whisk together the rice vinegar, water, vegetable oil, garlic powder and salt. Pour dressing over the salad and mix until salad is well coated.

CCP: Hold for cold service at or below 41°F.

Just before service stir the salad again to distribute any dressing that may have settled to the bottom. Serve ½ cup portions using a #8 scoop.

continues

Wheat Berry Salad, continued

Serving	Yield	Volume
½ cup	48 Servings: about 9 pounds 96 Servings: about 18 pounds	48 Servings: about 1 gallon 2 quarts 96 Servings: about 3 gallons

Nutrients Per Serving					
Calories	79	Sodium	70 mg	Vitamin A	2975 IU
Total Fat	1.5 g	Carbohydrate	14 g	Vitamin C	21 mg
Saturated Fat	0.1 g	Dietary Fiber	3 g	Iron	0.7 mg
Cholesterol	0 mg	Protein	2.5 g	Calcium	20 mg