

Summer Wheatberry Salad

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Servings: 8

1 cup wheatberries (farro), uncooked
3/4 cup (1 medium ear) fresh corn kernels
3 tablespoons fresh lemon juice
2 tablespoons extra-virgin olive oil
1 teaspoon coarse salt
1 clove garlic, minced
1 cup cherry tomatoes, quartered
1 cup peaches, diced
1/3 cup green onions, thinly sliced
3 tablespoons fresh mint, chopped
1/3 cup sliced almonds, toasted

Bring a pot of salted water to a boil. Add the wheatberries. Cook until tender but still chewy, 15 to 18 minutes.

Add the corn kernels. Cook 2 minutes more.

Drain. Rinse under cold water. Drain well again. Transfer to a large bowl.

In a small bowl, combine the lemon juice, oil, salt and garlic. Add to the wheatberries with the tomatoes, peaches, green onions and mint. Toss well to combine.

Toss in the almonds just before serving.

Per Serving (excluding unknown items): 96 Calories; 7g Fat (58.4% calories from fat); 2g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 239mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat.