

# Wheat Berry Salad

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2 cups uncooked wheat berries  
1 cup chopped walnuts  
2 medium apples, cored and chopped  
1 cup seedless raisins  
1 cup finely chopped parsley  
1/4 cup apple cider vinegar  
1/2 cup apple juice  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon ground nutmeg  
1/2 teaspoon ground cinnamon  
1/2 cup extra virgin olive oil  
2 tablespoons lemon juice

Put wheat berries into a large bowl, cover with at least 2 inches of water and set aside to let soak for 6 to 8 hours or overnight. Drain well.

Bring 8 cups water to a boil. Add wheat berries, reduce heat and simmer, uncovered, for about 50 minutes. Berries should still be firm but not mushy. Drain and set aside to let cool.

Transfer wheat berries to a large bowl. Add walnuts, apples, raisins, parsley, vinegar, apple juice, salt, pepper, nutmeg, cinnamon, olive oil and lemon juice and mix everything together thoroughly.