



Tools Needed:  
Small saucepan  
Wooden Spoon  
Small bowl & whisk

## Wheatberry and Corn Salad

(Serves 4) 252 calories; 8 g fat per serving

Wheatberry? Yes, that is where wheat comes from. It is the whole grain of wheat, before it has been processed into flour. Try it out in this salad and you'll be pleasantly surprised at the delicate nutty flavor.

1 cup Wheatberries

Salt

15 oz. can Garbanzo Beans, rinsed and drained

1 C Corn kernels (preferably off the cob, especially in the summer)

1 cup Radicchio, chopped

½ cup Roasted Red Peppers, sliced

¼ cup fresh Basil, chiffonade

¼ cup flat leaf Parsley, chopped

4 stalks Green Onions, chopped

1 tsp. dried Oregano, optional

Juice from one small lemon

2 tblsp. Red Wine Vinegar

2 tblsp. Extra Virgin Olive Oil

Salt and Pepper to taste

In a small saucepan over high heat, add the wheatberries, about two cups of water, and a pinch of salt. Bring to a boil, cover and then let simmer about 50 minutes. You may add more water if necessary. The wheatberries are done when they are plump and tender. Drain any excess water if necessary. Set aside to cool.

Meanwhile, in a large bowl combine the corn kernels, roasted red pepper slices, radicchio, basil, flat leaf parsley, green onions and optional oregano. Add the cooled wheatberries. In a small bowl, whisk together the lemon juice, red wine vinegar and olive oil. Stir this into the wheatberry mixture. Season with a bit of salt and pepper. This salad can be served at room temperature.

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### Benefits:

**Wheatberry** – As research continues to reveal the superior power of whole grains over processed white products, recommendations have shifted toward focusing on whole. Whole grains' vast array of vitamins, mineral and phytochemicals appear to work synergistically to stave off many major lifestyle diseases. Wheatberries, for instance are packed with the following: Insoluble fiber, Antioxidants (cancer fighters), and Vitamin E.

**Corn** – This popular summertime vegetable is also good for your eyes! It contains Lutein and Zeaxanthin, powerful antioxidants that can derail age-related macular degeneration-the leading cause of blindness in older Americans. Eating Lutein rich foods also cuts your risk of cataracts.