



Wheat Berry Side Dish

1 cup wheat berries
Kosher salt
1 cup finely diced red onion (1 onion)
6 tablespoons good olive oil, divided
2 tablespoons balsamic vinegar
3 scallions, minced, white and green parts
1/2 red bell pepper, small diced
1 carrot, small diced
freshly ground black pepper

Place the wheat berries and 3 cups of salted water in a saucepan, bring to a boil then reduce heat and simmer over low heat until cooked, approximately 45 minutes, or until they are soft. Drain.

Sauté the red onion in 2 tablespoons of olive oil over medium-low heat until translucent, approximately 5 minutes. Turn off the heat and add the remaining 4 tablespoons (1/4 cup) of olive oil and the balsamic vinegar.

In a large bowl, combine the warm wheat berries, sautéed onions, scallions, red bell pepper, carrot, salt and pepper to taste. Allow the salad to sit for at least 30 minutes for the wheat berries to absorb the sauce. Season, to taste, and serve at room temperature.