



wheat berry salad with cranberries and herbs

MAKES 6 SERVINGS

- 1 cup wheat berries
- 3 cups water
- Sea salt
- ¼ cup extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 2 teaspoons lemon juice
- Freshly ground black pepper
- ½ cup dried cranberries
- ¼ cup chopped chives
- ¼ cup chopped fresh parsley

1 Rinse wheat berries and drain. Place in a large pot with 3 cups water and a pinch of salt. Bring to a boil, cover, reduce heat, and simmer until wheat berries are soft, about 40 minutes. Drain and set aside.

2 In a large bowl, whisk together the olive oil, balsamic vinegar, lemon juice, and salt and freshly ground pepper. Add

the cranberries, chives, and parsley.
3 Fluff the wheat berries with a fork and stir them into the cranberry mixture. Mix well to combine; serve immediately or refrigerate for up to 3 days.

CHANGE IT UP

Vary this grain salad recipe according to the season and the ingredients you have on hand. (Cook grains according to instructions on page 37.)

- Substitute wild rice for the wheat berries and dried cherries for the cranberries; add toasted pine nuts or pistachios.
- Try sweet onions and diced fresh peaches instead of the chives and dried cranberries, and use hulled barley instead of wheat berries. Add crumbled feta or goat cheese, if you'd like.

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Vegan Yum Yum

Baked Mac and Cheeze

Makes 4 servings

- step 1** Preheat the oven to 400°F.
- step 2** Cook the noodles and prepare the cheezy sauce.
- step 3** Once the pasta is cooked and drained, toss with the prepared sauce and distribute into individual bowls.
- step 4** Place bowls on a cookie sheet for easier handling. Top with bread crumbs and place the cookie sheet into the oven and bake for 20 to 25 minutes until bubbly. If needed, place under the broiler for 1 minute or more to brown top.

Cheezy Sauce

- step 1** Melt the margarine in a saucepan over medium-low heat (be careful it's not too hot!). Once the margarine is melted, add the flour and whisk (you actually need a whisk for this) until dissolved, forming a roux.
- step 2** Add the miso, tahini, tomato paste, soy sauce, and lemon juice. Whisk well (the mixture should be sort of thick).
- step 3** Slowly whisk in the soy milk, making sure you don't have a pasty buildup on the sides of the pot. Turn the heat up a bit. Add the yeast, salt, and pepper and whisk until it thickens. Once it starts to boil, it should be sufficiently thick.

Pasta

- 3 cups elbow macaroni
- 1 recipe Cheezy Sauce (*see recipe below*)
- 1 cup bread crumbs
- Four oven-safe bowls or one casserole dish

Cheezy Sauce

- Makes enough for 3 to 4 servings of pasta or rice
- 1/3 cup Earth Balance margarine
- 1/4 cup all-purpose flour
- 1 tablespoon miso, any flavor (*I like red*)
- 1 tablespoon tahini
- 1 tablespoon tomato paste
- 3 tablespoons low-sodium soy sauce or tamari
- 1 tablespoon lemon juice
- 1 1/4 cups soy milk
- 1/3 cup nutritional yeast
- 1 to 2 pinches salt, to taste, if needed
- Black pepper, to taste

Ingredients



Wheat Berry Pudding

http://www.eatingwell.com/recipes/wheat_berry_pudding.html

From *EatingWell*: March/April 2009

Here, wheat berries are cooked with maple-sweetened, spiced milk to make a homey pudding. Try it for dessert or even breakfast—adjusting the maple syrup to your preference.

8 servings, about 1/2 cup each | **Active Time:** 45 minutes | **Total Time:** 2 hours

Ingredients

- 1 cup wheat berries, (see Note)
- 2 tablespoons plus 3 cups low-fat milk, divided
- 1 cinnamon stick
- 1 strip orange zest, (1/2 by 2 inches)
- Pinch of salt
- 1/2 cup pure maple syrup
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/2 cup low-fat maple yogurt, (optional)

Preparation

1. Sort through wheat berries carefully; discard any stones. Rinse well. Place in a large heavy saucepan and add water to cover by 2 inches. Bring to a boil, reduce heat to medium-low, cover and simmer, adding more water if necessary, until the wheat berries are tender, about 1 hour. Drain well.
2. Place the wheat berries and 2 tablespoons milk in a food processor. Pulse, scraping down the sides as necessary, until most of the wheat berries are coarsely chopped (some may remain whole).
3. Combine the chopped wheat berries, the remaining 3 cups milk, cinnamon stick, orange zest and salt in a Dutch oven or other large, heavy-bottomed pot and bring to a boil. Reduce heat to medium-low and cook, stirring often to prevent sticking, until the mixture is very thick, 25 to 30 minutes. Remove from the heat; discard the cinnamon stick and orange zest. Stir in maple syrup and vanilla.
4. Serve warm or chilled, sprinkled with cinnamon and topped with a dollop of maple yogurt, if desired. (Stir in more milk if the pudding gets too thick as it stands.)

Nutrition

Per serving : 182 Calories; 2 g Fat; 1 g Sat; 0 g Mono; 6 mg Cholesterol; 35 g Carbohydrates; 7 g Protein; 3 g Fiber; 71 mg Sodium; 43 mg Potassium

2 Carbohydrate Serving

Exchanges: 1 starch. 1/2 low-fat milk, 1 other carbohydrates

Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate the cooked wheat berries (Step 1) for up to 2 days or freeze for up to 1 month. Cover and refrigerate the pudding for up to 2 days.
- **Note:** Wheat berries of any variety (hard, soft, spring or winter) can be used interchangeably. Labeling is inconsistent—you may find them labeled “hard red winter wheat” without the words “wheat berries.” Find them in natural-foods markets and online at kingarthurfLOUR.com. Some recipes instruct soaking overnight, but we found it unnecessary.

Yellow Cake

This cake will fit all your vanilla white cake needs. Mary Ann pans have a recessed top, allowing you to fill them with puddings, custards, mousses and other toppings that are healthier and more delicious than conventional frosting. We love this combined with coconut cream and fresh, lightly sugared strawberries in season.

1 1/3 cup white whole wheat flour

1/2 tsp baking soda

1/2 tsp fine sea salt

1/2 cup maple syrup

1/4 cup canola oil*

1/2 cup non-dairy yogurt

1 tsp. cider vinegar

1 1/2 T vanilla extract

Preheat oven to 350. Spray an 8 X 8 square baking dish or Mary Ann pan with cooking spray.

Whisk dry ingredients in a medium-sized mixing bowl. Measure and whisk together wet ingredients in a glass measuring container

Make a well in the center of the dry ingredients and pour in wet ones. Fold together with a spatula to combine.

Pour into prepared cake pan and tap on counter a few times to release trapped air bubbles. Place in oven and bake for 20-25 minutes until beginning to turn golden and firm to the touch. Allow to cool completely

*You can replace all the oil by adding an equal amount of yogurt.

