

Wheatberry Corn Tomato Salad

Serving Size: 1/2 cup

Makes 18 servings

Ingredients:

2 cup	wheat berries, dry
1/2 cup	red onion, diced
1-1/2 tsp	garlic, minced
1/4 cup	scallions, diced
2 cup	corn kernels
1 cup	tomatoes, diced
1/3 cup	balsamic vinegar
1/4 cup	canola or olive oil

Preparation:

1. Simmer wheat berries in water until tender. Let cool completely.
2. In a large bowl, toss together cooked wheat berries, onions, garlic, scallions, corn kernels, tomatoes, balsamic vinegar and oil.

CHEF NOTE: use fresh corn when in season

CHEF NOTE: leftover corn cobs can be used to make a corn broth

NUTRITION FACTS	
PER SERVING	
calories	120
total fat (g)	3
saturated fat (g)	0
trans fat (g)	0
sodium (mg)	5
total carbohydrate (g)	20
dietary fiber (g)	3.5
sugar (g)	2
protein (g)	3.5



RD APPROVED



[FLIK-USA.com/blog](https://www.flik-usa.com/blog)

BLOG



FLIK Hospitality Group



@FLIKHospitality

Food by FLIK