

# Wheatberry, Tomato, Artichoke Salad

Serving Size: ½ cup

Makes: 5 servings

## Ingredients:

4 oz	Wheatberries, dry
3 oz	Grape Tomatoes, halved
1 TBSP	Lemon Juice
1 TBSP	Canola Oil
½ tsp	Salt
1 TBSP	Dill Weed, chopped
1/8 tsp	Black Pepper
3 oz	Artichoke Hearts, canned, quartered

## NUTRITION FACTS

### PER SERVING

<b>calories</b>	110
<b>total fat (g)</b>	3.5
saturated fat (g)	0
trans fat (g)	0
<b>sodium (mg)</b>	230
<b>total carbohydrate (g)</b>	16
dietary fiber (g)	4
sugar (g)	<1
<b>protein (g)</b>	3



## Preparation:

1. Cook wheatberries in boiling water until tender. Chill and hold cold.
2. In a bowl, toss together cooked wheatberries, tomatoes, lemon juice, oil, salt, dill, pepper, and artichokes until evenly mixed.

## RD Tip:

Consider substituting wheatberries for another whole grain pantry staple, such as farro, quinoa, barley, couscous or freekeh.



BLOG

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