

# Wheat Berry Salad with Goat Cheese

Banish boring salads by giving this a try this week! This takes a spin from traditional tabbouleh, starring fiber-packed wheat berries, colourful vegetables, lemon juice, and fresh herbs.



## Preparation:

1. Place wheat berries in a medium bowl; cover with water to 2" above wheat berries. Cover and let stand 8 hours. Drain.

2. Place wheat berries in a medium saucepan and cover with water. Bring to a boil, reduce heat, and cook, uncovered, 1 hour or until tender. Drain and rinse with cold water. Place wheat berries in a large bowl; add cucumber and next 4 ingredients.

3. Combine zest and next 4 ingredients in a bowl; gradually add oil, stirring constantly with a whisk. Drizzle dressing over salad; toss well to coat. Stir in cheese. Let stand at least 30 minutes; serve at room temperature.

*Yields 6 servings (1 serving = 1 1/3 cup)*

## Ingredients

- 1 1/4 cups wheat berries
- 2 1/2 cups chopped English cucumber
- 2/3 cup thinly sliced green onions
- 1 1/2 cups loosely packed chopped arugula
- 6 tablespoons minced fresh flat-leaf parsley
- 1 pint grape tomatoes, halved
- 1 tablespoon lemon zest
- 3 tablespoons fresh lemon juice
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon sugar
- 2 tablespoons extra-virgin olive oil
- 3/4 cup (3 ounces) crumbled goat cheese

## Nutritional Information (per serving)

Calories: 253	Total Fat: 9.7g
Sat. Fat: 3.7g	Carbs: 35.7g
Fiber: 6.8g	Protein: 9.2g

Source: [www.cookinglight.com](http://www.cookinglight.com)