



## Wheat Berry Salad In a Jar

\* Makes about four dinner sized servings with extra dressing

Ingredients
1 cup of wheat berries or other whole grain, such as farro, Kamut, spelt or barley
4 cups of water
1/2 cup of Green Herby Dressing or 1/2 cup of pesto
4 cups of chopped greens such as kale, spinach or radicchio
2 cups of fresh vegetables such as snap peas, celery, sliced fennel, cucumber 1
1/2 cup of dried fruit such as cherries, blueberries, or raisins
1/2 cup of crumbly cheese such as goat cheese, feta, or blue cheese

### Method

1. Cook the wheat berries in four cups of water. If using a pressure cooker, cook 35 minutes on high pressure with a 10 minute natural release. If using a stovetop, simmer covered for 60 minutes, stirring occasionally.
2. While the wheat berries are cooking, prepare the Green Herby dressing or pesto. Prepare the vegetables and greens by chopping into bite size pieces.
3. Once the wheat berries are done cooking, drain the extra liquid off and place the wheat berries into a large bowl. Toss the warm wheat berries with the dressing or pesto. Allow to cool before salad in a jar assembly.
4. To assemble your salad into a jar, start with a layer of about 1 cup wheat berries at the bottom of the jar. Top with about 1/2 cup of cut vegetables, then about 2 T of dried fruit, and 2 T of cheese. Add the chopped greens at the top of the jar.
5. To serve, it is easiest to dump the jar out into a large bowl.
6. Jars will store about 3-5 days in the refrigerator.

### Notes for Successful Salads in a Jar

- Wide mouth mason jars work best. You can repurpose other jars, but you'll want to use a tall, narrow jar so the ingredients stay separated. A 32-oz or 24-oz jar works well for a dinner size meal. 12-oz and 8-oz jars are good for side salads or kid sized salads.

- Start by layering your dressing and soft veggies (like tomatoes) at the bottom of the jar, then meat and/or grains, cut veggies, cheese, and finally the greens at the top. You can shove the greens into the jar to help keep everything in place.
- If you only have fresh veggies, nuts, and grains or beans and dressing in the jar, the salad should last about 7 days in the fridge. Jars with meat or cheese will last about 3-5 days in the fridge. If you have fruit or veggies that tend to brown, such as apples or avocados, the salad should be eaten within 3 days.
- Almost any salad can be made into a jar salad. Just use your imagination.
- Reference for sprouting greens: [Sprout People](#)

<http://mykitchenclatter.com/wheat-berry-salad/>