

# WHEAT BERRY SALAD WITH RED FRUIT

*Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

Serves: 11 (Serving= 1/2 cup)

## Nutrition (per serving)

Calories: 86

Total Fat: 4 g

Saturated Fat: 1 g

Sodium: 151 mg

Total Carbohydrate: 13 g

Dietary Fiber: 2 g

Protein: 1 g



## Ingredients

- ½ cup orange juice
- 6 Tablespoons fat-free raspberry vinaigrette dressing (assure gluten free for GF version)
- ¼ teaspoon salt
- 2 ½ cups cooked wheat berries (choose brown rice, quinoa or buckwheat for GF version)
- 1/3 cup dried cranberries
- ½ cup chopped pecans
- 2 apples, diced
- ¼ cup chopped mint leaves (optional)



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## Directions

1. To prepare dressing, blend the orange juice, vinaigrette, and salt.
2. Put the wheat berries in a medium bowl. Pour the dressing over them and toss to coat.
3. Set aside for about 15 minutes, tossing occasionally.
4. Add dried cranberries, pecans, and diced apples to the wheat berries; mix. Add mint leaves, if desired.