

# WHEAT BERRY SALAD WITH RED FRUIT

*Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian*

Serves: 1/2 cup

## Nutrition (per serving)

Calories: 148

Total Fat: 4 g

Saturated Fat: 0 g

Sodium: 118 mg

Total Carbohydrate: 20 g

Dietary Fiber: 3 g

Protein: 3 g

## Ingredients

1/2 cup orange juice

1/4 tsp salt

2.5 cups wheat berries

6 Tbsp fat-free raspberry vinaigrette dressing

1/4 cup chopped mint leaves

1/3 cup dried cranberries

1/2 cup chopped pecans

2 red apples, diced



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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. Set aside for about 15 minutes, tossing occasionally.
3. Add dried cranberries, pecans, and diced apples to the wheat berries; mix. Add mint leaves, if desired.