

# Wheat Berries with Cranberries and Pecans

## **Prep time:**

12 hours 10 minutes

## **Yields:**

4 servings

## **Ingredients:**

- 2 cups uncooked wheat berries
- ½ cup red cabbage, shredded
- 1 carrot, grated
- 2 stalks celery, finely chopped
- ¾ cup pecan pieces
- ¾ cup cranberries
- ½ cup finely chopped parsley leaves
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- Salt and pepper to taste

## **Directions**

1. Place berries in a large saucepan and cover with water and bring to a boil. Season with salt and pepper. Reduce heat to medium low, cover, and simmer until berries are tender and some break open, about an hour. Drain well and set aside to cool.
2. Mix lemon juice, salt and pepper in a mixing bowl and whisk in olive oil to make a dressing. Add wheat berries and remaining ingredients and toss again. Season as needed, serve and enjoy.