

Wheat Berries with Swiss Chard, Toasted Pistachios, and Dried Cherries

Wheat berries, which are whole wheat kernels, are full of nutrients and have a wonderful nutty, slightly chewy texture. In this dish, I combined them with tangy dried cherries and salty pistachios for lots of flavor, texture, and beautiful color.

Yield: 4-6 servings

Ingredients

- 2 cups uncooked wheat berries
- 10 cups water (more or less)
- Salt
- 1 tbsp. olive oil
- 2 cloves finely minced garlic
- 1 lb. bunch Swiss chard, stemmed and chopped
- 1/3 cup shelled pistachios
- ½ cup roughly chopped dried cherries (or dried cranberries)

Dressing

- ¼ cup lemon juice
- Zest of 1 lemon
- 2 tbsp. Extra virgin olive oil
- 2 tbsp. balsamic vinegar
- 1 tbsp. agave nectar or pure maple syrup
- Salt and pepper to taste

Directions

- 1) Soak the uncooked wheat berries overnight in half of the water. Drain.
- 2) Boil the wheat berries in the rest of the water. Add a generous pinch of salt, lower the heat to medium-low, and cook for 1 hour to 1 hour and 15 minutes, or until tender. (Note: wheat berries will still have a fairly chewy, nutty texture when cooked correctly). Drain.
- 3) Preheat the oven to 350 degrees. Get out a small baking sheet.
- 4) Meanwhile, heat the oil in a sauté pan. Add the garlic and cook for about a minute, or until just fragrant. Add the chopped Swiss chard and cook for about 5 minutes, or until slightly wilted, but not too mushy.
- 5) Place the pistachios on baking sheet. Cook for 8-10 minutes on upper rack until fragrant and golden.
- 6) In a small bowl, whisk together all ingredients for dressing.
- 7) In a large serving bowl, add cooked drained wheat berries, wilted Swiss chard (you might want to drain out some of the excess liquid), and toasted pistachios. Add chopped dried cherries and dressing. Toss and serve. (It can be eaten hot, room temperature, or cold.)