

How to Use Whole Foods

Innovative ideas for using real, whole foods in delicious ways!

WHEAT BERRIES

Wheat berries, a versatile whole grain, usually require softening before eating. Mix them with water or broth, bring to a boil, and simmer until they reach the desired texture.

Examples:



[Wheat Berry Salad With Lemon-Garlic Vinaigrette](#)



[Southwest Chicken and Wheat Berry Power Bowl](#)



[Pear Winter Squash and Wheat Berry Salad](#)



[Wheat Berry Salad Recipe](#)



[Wheat Berry Salad With Spiced Apple Dressing](#)

TIP!

Take advantage of [Try it Local!](#) Use the [Good Food Finder](#) website to identify local vendors of wheat and wheat berries!