



Maple Leather Company & GreatBags® presents...

Selections from our “Mucho Easy” Recipe Collection

Carol’s Wheat Berry Salad

This yummy salad recipe was sent to us by a loyal customer who shops with us in both Atlanta and New York City. She likes a bit of zip (as does Seymour) and also adds slivers of red pepper, and sometimes a bit of jalapeno pepper, chopped very fine, with no seeds, or some cayenne pepper.

1.5-2 cups Wheat Berries, rinsed, cooked in boiling water for 1.5-2hrs, until tender but chewy

(You'll need about 4 quarts of water for each cup of wheatberries, like pasta)

1 small red onion, finely chopped

1 fat clove minced garlic

3/4 c chopped toasted pecans or walnuts

1/2 c dried cranberries

1/2 c fresh parsley

1/2 c fresh dill (optional)

3 TBL virgin olive oil

3 TBL red wine vinegar

salt and pepper to taste

Toss all ingredients together, adjusting amounts to taste. Serve cold or at room temp. Serves 4-6 as a side.

For more “Mucho Easy” recipes, visit www.mapleleather.com/recipes