

Wheat Berry and Pomegranate Salad with Maple Dijon Dressing

This recipe, by Leslie Beck, appeared in the Globe and Mail on February 15, 2011. I added green beans to the original recipe.

Serves 8

1 ½ cups wheat berries, rinsed
3 cups water
2 teaspoons salt
1 pound French or regular green beans, ends trimmed off
1 large red apple (Honey crisp or red delicious), skin on and diced into ½ inch chunks
1 cup pomegranate seeds (about 2 pomegranates)
¼ cup sliced green onion
1 ½ cups coarsely chopped arugula

3 tablespoons olive oil
5 tablespoons apple cider vinegar
2 tablespoons maple syrup
1 tablespoon grainy Dijon mustard
4 tablespoons unsweetened apple juice
Salt and pepper to taste

1. In a medium sauce pan, bring water and salt to a boil over high heat. Add wheat berries, stir, cover and simmer over low heat until wheat berries are tender, but still chewy, about 30-40 minutes. Remove from heat and drain any excess water. Rinse wheat berries under cold water.
2. Fill a large pot with cold water. Add French green beans and boil for 3 minutes (about 5 minutes for regular green beans). Drain beans and submerge colander into a large bowl filled with ice water. Drain, pat beans dry with a towel and set aside.
3. In a large mixing bowl combine cooked wheat berries, cooked green beans, diced apple, pomegranate seeds, green onions and arugula.
4. In a small bowl, whisk together olive oil, cider vinegar, maple syrup, mustard, apple juice and salt and pepper. Whisk well. Pour about ½ the dressing on salad and mix well. Taste and add additional dressing if you find it necessary. Transfer to a serving platter. Salad can be made up to 2 hours ahead and covered and refrigerated before serving.