

Sweet Apple Greens

3/4 cup wheat berries
1 1/2 cups water
1 Tablespoon salt
1/2 onion
5 sprigs thyme
1/2 cup pecans (or almonds) toasted and chopped
2 Tablespoons red wine vinegar
2 Tablespoons balsamic vinegar
2 Tablespoons olive oil
2 Tablespoons corn oil
2 green apples, cored and diced
2 Tablespoons rosemary, chopped
8 ounces greens (turnip or collard), chopped
salt and pepper

1. Combine wheat berries, 1 onion half, thyme sprigs, and 1 Tbsp. salt in a large saucepan; add water. Bring to a boil; reduce heat to medium and simmer until wheat berries are just tender but still firm to the bite, about 35 minutes. Drain; discard onion and thyme. Place wheat berries in a large bowl; let cool.
2. Toast nuts in a dry pan until the oil begins to show. Cool then chop. Set aside.
3. Heat a medium fry pan. Slowly add the vinegars, then drizzle in the oil and whisk together. Toss the apples pieces in the liquid and allow to cook for just over a minute. Add rosemary and toss to combine.
4. Add shredded greens to the pan, and sauté until the greens are wilting. This should take less than two minutes. Remove from heat and use salt and pepper to taste.
5. Toss greens with wheat berries and nuts. Serve warm.

Serving Size: 6

Per Serving : 199 Calories; 16g Fat (66.4% calories from fat); 4g Protein; 14g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol