Wheat Berry Citrus Salad with Red Onion Vinaigrette

Ingredients:

For the dressing:
2 teaspoons olive oil
1 medium onion, thinly sliced
1 garlic clove, minced
1/2 teaspoon fresh thyme
3/4 cup olive oil
1/2 cup cider vinegar
2 tablespoons balsamic vinegar
1 teaspoon lime juice
Salt and pepper to taste

For the salad:
1 cup wheat berries
2 medium blood oranges or other citrus fruit
1/2 cup feta cheese
2 tablespoons parsley, chopped
1 cup celery, fennel, or radishes, diced

Nutrition Facts
Serving Size 1/2 cup (134g)
Servings Per Container 8

Amount Per Serving	
Calories 340	Calories from Fat 220
	% Daily Value*
Total Fat 25g	**38%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 100mg	**4%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 5g	**20%**
Sugars 4g	
Protein 5g	

Vitamin A 6% • Vitamin C 30%
Calcium 8% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. ***For the dressing:*** heat 2 teaspoons olive oil in a pan over medium heat. Add the onions, season with salt and pepper, and cook until soft, about 10 minutes. Add the garlic and thyme and cook 1 – 2 minutes.
2. Transfer onion mixture to a blender and add the vinegar, olive oil, lime juice, and a pinch of black pepper.
3. ***For the salad:*** bring 4 cups of water to a boil in a medium sauce pan. Add wheat berries. Reduce to a simmer and cook until wheat berries are tender, about 25 – 30 minutes. Drain.
4. In a medium bowl, combine the warm wheat berries with 6 tablespoons of the vinaigrette. Stir to combine. Cut the blood oranges into segments and dice small. Add the orange pieces, feta, and parsley, gently toss and serve.

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Source: https://oldwayspt.org/recipes/wheat-berry-salad-blood-oranges-feta-and-red-onion-vinaigrette