

### ZESTY WHEAT BERRY-BLACK BEAN CHILI

Serves 6

VEGAN

2 tablespoons extra-virgin olive oil  
1 large yellow onion, chopped  
1 large yellow bell pepper, chopped  
5 cloves garlic, minced  
2 teaspoons chili powder  
1 1/2 teaspoons ground cumin  
1 teaspoon dried oregano  
1/2 teaspoon salt  
1/2 teaspoon freshly ground pepper  
2 15-ounce cans black beans, rinsed

2 14-ounce cans no-salt-added diced tomatoes with liquid  
1-2 canned chipotle peppers, adobo sauce minced  
2 cups vegetable broth  
2 teaspoons light brown sugar  
2 cups Cooked Wheat Berries  
Juice of 1 lime  
1 avocado, diced  
1/2 cup chopped fresh cilantro

**Directions:** Heat oil in a Dutch oven over medium-high heat. Add onion, bell pepper, garlic, chili powder, cumin, oregano, salt and pepper, and cook, stirring occasionally, until tender, about 5 minutes. Add beans, tomatoes, chipotle to taste, broth and brown sugar. Bring to a boil over high heat, reduce heat, cover, and simmer for 25 minutes.

Stir in cooked wheat berries and heat through, about 5 minutes more. (If using frozen wheat berries, cook until thoroughly heated.) Remove from the heat. Stir in lime juice. Garnish each bowl with avocado and cilantro. Canned chipotle peppers (smoked jalapeños) in adobo sauce add heat and a smoky flavor. Look for the small cans with other Mexican foods in large supermarkets.

Once opened, store in an airtight container for up to 2 weeks in the refrigerator or in freezer up to 4 months.

**WHEAT BERRY FRUIT SALAD**      **Serves 8, ½ cup portions**      **vegan**

2 cups hard red winter-wheat berries  
7 cups cold water  
pinch salt (optional)  
1/3 cup freshly squeezed orange juice  
1/3 cup dried cranberries  
1 large Fuji apple, unpeeled, diced  
½ cup pecan halves toasted, chopped

3 tbs raspberry vinegar  
3 tbs extra-virgin olive oil  
1/4 teaspoon pepper,  
freshly ground

**To prepare wheat berries:** Sort through wheat berries carefully, discarding any stones. Rinse well under cool running water. Place in a large heavy saucepan. Add water and 1 teaspoon salt. Bring to a boil over high heat, then reduce heat, cover, and simmer gently, stirring occasionally, for 1 hour. Drain and rinse. Let cool to room temperature.

**To prepare salad:** Combine orange juice and cranberries in a small bowl. Let stand for 15 minutes. Combine 3 cups of the cooked wheat berries, apple and pecans in a large bowl; stir gently. Drain the cranberries, reserving the juice. Stir the cranberries into the wheat berry mixture. (Refrigerate the extra cooked wheat berries for up to 2 days or freeze for up to 1 month.)

Whisk the reserved orange juice, vinegar and oil in a small bowl until combined. Season with salt and pepper. Pour over the salad and stir gently to coat.

Refrigerate for at least 30 minutes to allow the flavors to combine.

Serve cold or at room temperature.