

Dianne's Wheatberry Vegetable Salad

RECIPE CARD

INGREDIENTS	QUANTITIES		COST	
	Amount of Servings	16 Servings	Unit	Total
wheat berries		1 ½ cups		
water		4 cups or as needed		
salt		½ t.		
celery, rinsed, diced		1 cup		
carrots, peeled, rinsed, cut in thin slices		1 cup		
red, yellow, greenm peppers, rinsed, seeded, diced		1 ½ cups		
roma tomatoes, rinsed, cored, diced		2 cups		
red onion, rinsed, diced		1 cup		
green onion, rinsed, cut bias cut		¼ cup		
low fat cottage cheese, keep below 40 till needed	CCP	2 cups		
dressing:				
garlic, chopped		1 T.		
fresh dill, chopped		1 t.		
dry mustard		½ t.		
lemon juice		1 T.		
cider vinegar		¾ cup		
fresh basil, chopped		1 T.		
fresh parsley, chopped		½ cup		
lite mayonnaise		¾ cup		
black pepper		1 t.		

Total Cost _____

Per _____

Sanitation Instructions: Wash, rinse, and sanitize all equipment and utensils before and after use. Wash hands before handling food, after handling raw foods, and after any interruption that may contaminate hands. Return all ingredients to refrigerated storage if preparation is interrupted. Verify and record final cooking and hot-holding temperatures using a clean and sanitized thermometer.
 CCP - Critical Control Point

METHOD:

- 1) In Med. Sauce pan, combine wheat berries, water and slat. Bring toa boil and simmer till berries are soft. About 1-1 1/2 hours. Drain and cool to below 40 in less than 4 hours
- 2) Combine ingredients for dressing set aside. Toss dressing with wheatberries nad hold overnight.
- 3) Add vegetables and cottage cheese to wheat berries.
- 4) Garnish and serve.