Healthy Recipe of the Month: July 2011

Rye Berry Salad

The monsoons are upon us and the air is hot and humid. Since we live in an older house that has an evaporative cooler (affectionately called a swamp box), the last thing I want to do at 5:30pm when I get home is to start the oven. This salad is refreshing and easy to put together. Along with melon slices and a crusty bread, this makes a satisfying supper meal.

Let us know if you try out this recipe and let us know what you think!

Recipe submitted by: Nancy Rogers, MS, RDN
Recipe from: Originally from Wild Oats Marketplace

Rye berry Salad
Serves: 4
Cook time: 0 minutes (1 hour to cook the rye berries)
Ready in 15 minutes, or less, if you chop fast!

Ingredients
• 4 cups water
• 1 cup dried rye berries or other whole grain
• ¼ cup dried currants or cranberries
• 1 cup diced celery
• ¼ cup diced red onion
• ½ cup diced water chestnuts
• 2 Tbsp. chopped parsley

Dressing Ingredients
• ¼ cup mild vinegar
• ¼ cup orange juice
• 1 tsp. salt
• 1 tsp ground pepper
• ½ cup olive oil

Directions
1. Combine water and rye berries in saucepan and boil.
2. Cover, reduce heat, and simmer until tender, about 1 hour.
3. Drain and let cool.
4. Combine rest of ingredients and add the cooled rye berries.
5. In a separate bowl, combine dressing ingredients except oil.
6. Whisk together, then gradually whisk in the olive oil.
7. Pour the dressing over salad and mix until coated.

Note: Salad can be chilled and served the following day. Also, if dried cranberries are substituted for the currants, add them at the last minute or the salad will turn red.