

Wheat Berry, Raisin and Pine Nut Salad – Salads. (V) (iDiet Favorite)

Makes 4 servings

Serving size: 1/3 cup

- 1 cup cooked wheat berries (see note)
- 1 Tablespoon olive oil or canola oil
- ½ Tablespoon cider vinegar or wine vinegar
- 2 Tablespoons raisins
- 1/4 cup chopped fresh parsley
- 1 Tablespoon pine nuts
- salt and freshly ground pepper

Nutrition per 1/3 cup serving:

Calories = 88 kcals
 Fat = 4.4 grams
 Carbs = 11.5 grams
 Sat Fat = 0.7 grams
 Protein = 1.9 grams
 Fiber = 1.7 grams

WHEAT BERRIES ARE SLOWLY DIGESTED and extremely chewy, which seems to further increase satiety. And they're a snap to cook. I love their taste, but after weight loss you can make these salads with cooked medium grind bulgur wheat, if you prefer.

Place the wheat berries, oil, vinegar, raisins, parsley and pine nuts in a bowl and stir to mix well. Season with salt and pepper to taste.

Complete Lunch for each menu level:

1000 Calorie Menu	Soup and salad: 1 ¾ servings salad + 1 cup broth-base soup
1200 Calorie Menu	Soup and salad: 2 servings salad + ¾ cup hearty soup
1500 Calorie Menu	Soup and salad: 3 servings salad + ½ cup hearty soup + 1 slice iDiet legal bread (60 calories/slice)
1800 Calorie Menu	Soup and salad: 3 servings salad + 1 cup hearty soup + 1/3 cup high fiber cereal
2000 Calorie Menu	Soup and salad: 4 servings salad + 1 cup hearty soup + ¼ cup high fiber cereal

Note: Cover wheat berries with plenty of water and let simmer for 40 to 50 minutes until the berries start to break open. (The precise amount of water doesn't matter.) or, if you're sufficiently organized, go green: bring the wheat berries to a boil, turn off the heat and just let them sit for an hour or so before cooking. You'll be cutting the actual cooking time by more than half. Once the wheat barriers are done, drain them.

Broth-based soup: 80 calories/cup or less and iDiet legal

Hearty soups: 160 calories/cup and iDiet legal