

Wheat Berry and Carrot Salad

Ingredients:

1 cup wheat berries (you can also use rye or spelt berries)
1 lb carrots
½ cup raisins or currants
1 cup fresh parsley, finely chopped
2 tbsp olive oil
2 tbsp lemon juice
1 clove garlic, finely chopped
Black pepper & sea salt to taste

Directions:

1. Soak the wheat berries for at least two hours, up to overnight. Drain and rinse the berries before use.
2. Bring a pot of water to boil, and add soaked wheat berries. Cook until soft and chewy, about 30-45 minutes. When finished cooking drain in colander and set aside.
3. Prep the dressing: chop the garlic finely and mix in a large bowl with the olive oil, lemon juice, and salt/pepper. Let sit for a few minutes for flavors to meld.
4. Wash the carrots and trim the ends. Break whole carrots into 1 inch pieces and then pulse in your food processor until small chunks. If you don't have a food processor, simply chop into very small pieces. Add to the bowl with dressing and toss to coat the carrots.
5. Wash the parsley and pat dry. Chop finely and add to carrots, along with the raisins and wheat berries. Stir to combine. Serve immediately, or keep in the fridge for up to three days.

Grain and Seed Pilaf with Kale

Ingredients:

1 cup brown rice
½ cup quinoa (red or white)
2 tbsp miso
1 tsp orange zest (optional)
2 tbsp orange juice
3 tbsp coconut oil
1 tsp black pepper
1 cup kale, chopped and packed (or more!)
¼ cup hempseeds
¼ cup sesame seeds

Directions:

1. Wash and tear the kale into bite-sized pieces. Set aside.
2. Bring 2 cups water to boil. Add brown rice and lower heat; simmer for half hour or until done.
3. In another pot, bring 1 cup water to boil. Add quinoa and lower heat; cook for 10 minutes or until done.
4. While quinoa is still in the pot, add the kale and cover. Leave cover on until kale is wilted.
5. To prep the dressing: In a small bowl, mix the miso with the orange juice, black pepper, and zest if using. Stir to make a smooth paste, then add the liquid coconut oil and stir to combine. Set aside.
6. Combine the cooked rice, cooked quinoa, and wilted kale in a large bowl. Toss with dressing and serve warm or cold.