

food
network



HEALTH SCORE

57%

Wheat Berry Salad with Butternut Squash and Peppers



Vegetarian



Vegan



Dairy Free

READY IN

**105 min.**

SERVINGS

**6**

CALORIES

**334 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons basil chiffonade fresh
- ☐ 1 medium butternut squash peeled seeded cut into 3/4-inch cubes (2 cups)
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 cup currants dried
- ☐ 0.3 cup garlic peeled
- ☐ 0.5 bell pepper green such as anaheim or poblano, stemmed, seeded and quartered
- ☐ 6 servings kosher salt and pepper black freshly ground

- ☐ 6 tablespoons olive oil extra-virgin plus more for drizzling
- ☐ 0.5 bell pepper red stemmed seeded quartered
- ☐ 1 onion red peeled quartered
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 cup winter wheat berries hard
- ☐ 0.5 bell pepper yellow stemmed seeded quartered

Equipment

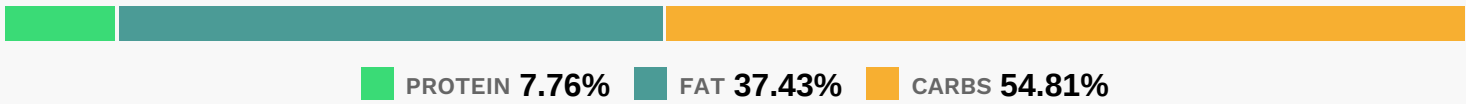
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Place the wheat berries and 3 cups of boiling salted water in a saucepan over low heat and cook, uncovered, until they are soft, about 45 minutes.
- ☐ Drain.
- ☐ Place the squash, onion, red and yellow bell peppers and green pepper on a sheet tray and drizzle with olive oil.
- ☐ Sprinkle with salt and pepper and toss to combine.
- ☐ Lay out a piece of foil and add the garlic.
- ☐ Drizzle with oil and sprinkle with salt and pepper. Wrap the garlic in the foil and add to the sheet tray. Roast the vegetables until the peppers are lightly charred and the squash is tender and evenly browned, about 30 minutes, tossing halfway through for even cooking.
- ☐ Remove the vegetables from the oven and let stand until cool enough to handle. Finely dice the onion and peppers.
- ☐ Add to a large bowl with the squash and set aside.

- ☐ Add the garlic to a small bowl and mash it with a fork Stir in the vinegar and mustard and season with salt and pepper.
- ☐ Whisk in the olive oil.
- ☐ In a large bowl, combine the warm wheat berries, roasted vegetables and vinaigrette. Allow the salad to sit for at least 30 minutes for the wheat berries to absorb the dressing. Just before serving, add the currants and basil and season with salt and pepper.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:2.17, Inflammation Score:-10, Nutrition Score:18.073912869329%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 333.91kcal (16.7%), Fat: 14.69g (22.59%), Saturated Fat: 2g (12.48%), Carbohydrates: 48.39g (16.13%), Net Carbohydrates: 40.18g (14.61%), Sugar: 8g (8.89%), Cholesterol: 0mg (0%), Sodium: 29.23mg (1.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.7%), Vitamin A: 13696.67IU (273.93%), Vitamin C: 68.67mg (83.24%), Fiber: 8.21g (32.85%), Vitamin E: 4.04mg (26.91%), Manganese: 0.46mg (23.18%), Vitamin B6: 0.37mg (18.64%), Potassium: 603.3mg (17.24%), Iron: 2.47mg (13.72%), Vitamin K: 14.35µg (13.66%), Magnesium: 52.88mg (13.22%), Folate: 46.72µg (11.68%), Vitamin B1: 0.17mg (11.44%), Calcium: 100.46mg (10.05%), Vitamin B3: 1.91mg (9.54%), Copper: 0.16mg (7.82%), Phosphorus: 70.85mg (7.08%), Vitamin B5: 0.62mg (6.25%), Vitamin B2: 0.06mg (3.54%), Selenium: 2.18µg (3.11%), Zinc: 0.38mg (2.53%)