

SERVES 8 TO 10

# CURRIED WHEAT BERRY SALAD WITH PISTACHIO NUTS AND COCONUT

This salad has a zingy curry-lime dressing and is topped with a sprinkling of shredded coconut and fiber-rich pistachio nuts.

- 1 cup wheat berries, rinsed**
- 1/2 cup raisins, roughly chopped**
- 3 celery stalks, cut in half lengthwise and thinly sliced**
- 4 scallion greens, very thinly sliced**
- 1/4 cup unsweetened, shredded dried coconut (optional)**
- 1/2 cup whole shelled pistachio nuts or toasted sliced almonds**

## CURRY-LIME DRESSING

- 3 tablespoons fresh lime juice**
- 2 teaspoons curry powder**
- 1/2 teaspoon kosher salt**
- 1/4 cup olive oil**

**1** Add the wheat berries to a large saucepan filled with enough salted water to cover them by several inches. Bring to a boil, then reduce to a simmer, partially cover, and cook the wheat berries until they are plump and tender, about 75 to 90 minutes. Test as you cook; cooked wheat berries are still somewhat chewy. Drain and set aside to cool completely.

**2** In a large serving bowl, combine cooled wheat berries with the raisins, celery and scallions.

**3** To make the dressing, in a small bowl, whisk together all of the dressing ingredients. Combine the dressing with the salad and garnish with shredded coconut if using, and pistachio nuts or sliced almonds.

**VARIATIONS** Add red pepper for color and sweetness, 1 teaspoon fresh minced ginger for a little more zing, and chickpeas, parsley or cilantro. Use different baby greens, watercress or mizuna, and try a variety of nuts for the garnish.