

The Culinary Institute of America

Recipe: 000130 HFHK Wheat Berry Salad

Recipe Source: Bill Yosses
 Recipe Group: SALADS

Recipe HACCP Process:

Alternate Recipe Name:
 Number of Portions: 24
 Size of Portion: serving

902431 WHEAT, BERRIES, HARD RED..... 014429 WATER, MUNICIPAL..... 002047 SALT, TABLE.....	6 CUP 5 QT + 1 CUP 2 TSP	1. To prepare wheatberries, rinse well under cool running water. Place in a large heavy bottom saucepan with the water and salt. Bring to a boil over high heat, then reduce heat, cover, and simmer gently for 50 to 60 minutes. Drain and cool.
009206 ORANGE JUICE, RAW..... 900072 CRANBERRIES, WHOLE, SLICED DRIED-COMMODITY.... 009252 PEARS, RAW..... 002048 VINEGAR, CIDER..... 004053 OIL, OLIVE, SALAD OR COOKING.....	1 CUP 1 CUP 3 large 9 TBSP 9 TBSP	2. For the salad: Combine orange juice and cranberries in small bowl. Let stand for 15 minutes. Combine the cooked wheat berries and diced pears in a large bowl. Stir gently. Drain the cranberries and stir into the wheat berries. Whisk the reserved orange juice, vinegar and oil in a small bowl until combined. Season with salt and pepper. Pour over the salad and serve at room temperature.

*Nutrients are based upon 1 Portion Size (serving)

Calories	253 kcal	Cholesterol	0.00 mg	Protein	7.18 g	Calcium	30.51 mg	21.77%	Calories from Total Fat
Total Fat	6.12 g	Sodium	204.47 mg	Vitamin A	2.64 RE	Iron	1.95 mg	2.51%	Calories from Saturated Fat
Saturated Fat	0.71 g	Carbohydrates	42.51 g	Vitamin A	27.85 IU	Water ¹	*245.69* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	6.08 g	Vitamin C	6.40 mg	Ash ¹	*0.86* g	67.17%	Calories from Carbohydrates
								11.34%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz			N - Milk	
Grain..... 1.000 oz			N - Egg	
Fruit..... 0.250 cup			N - Peanut	
Vegetable..... cup			N - Tree Nut	
Milk..... cup			N - Fish	
<u>Moisture & Fat Change</u>			N - Shellfish	
Moisture Change. 0%			N - Soy	
Fat Change..... 0%			N - Wheat	
Type of Fat.....				

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902431	WHEAT, BERRIES, HARD RED			
I	014429	WATER, MUNICIPAL			
I	002047	SALT, TABLE			
I	009206	ORANGE JUICE, RAW			
I	900072	CRANBERRIES, WHOLE, SLICED DRIED-COM			
I	009252	PEARS, RAW			
I	002048	VINEGAR, CIDER			
I	004053	OIL, OLIVE, SALAD OR COOKING			

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