

Better Me Weekly Recipes

Peeled Wheat Salad



Ingredients

- 1 1/4 cup shelled wheat
- 1 quart water
- 1/4 cup raisins
- 2 cup celery, chopped
- 1/4 cup flat leaf parsley, chopped
- 1/3 teaspoon kosher salt
- 1/3 teaspoon ground black pepper
- 1/4 cup shallots, chopped
- 1 Tablespoon + 1 teaspoon oranges zest
- 2 Tablespoon + 2 teaspoon orange juice
- 1 Tablespoon + 2 1/2 teaspoon white wine vinegar
- 3 Tablespoon + 1/2 teaspoon olive oil

Preparation Instructions

1. Combine the wheat and water. Bring to a boil, reduce the heat, cover and simmer for 30 minutes or until all the water is absorbed.
2. Cool under cool running water. Drain.
3. Add the raisins, celery, and parsley to the wheat.
4. In a bowl combine and mix the remaining ingredients. Pour the dressing over the wheat mixture.

Serves: 6

Nutrition Facts

Serving Size (150g)
Servings Per Container

Amount Per Serving

Calories 90 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Total Carbohydrate 11g **4%**

Dietary Fiber 1g **4%**

Sugars 4g

Protein 1g

Vitamin A 4% • Vitamin C 10%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4