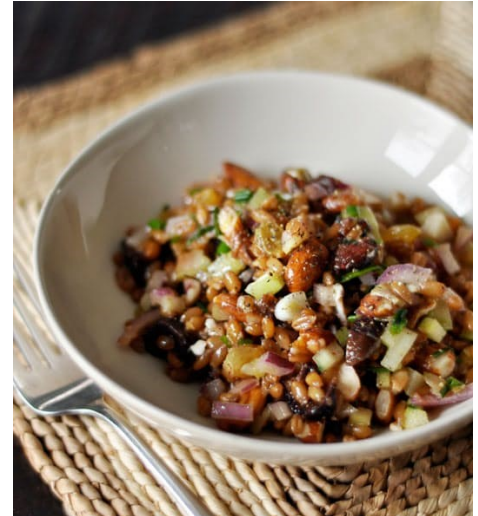


## Winter Wheat Berry Salad with Figs and Red Onion

### Ingredients

1 1/2 cup wheat berries  
1/4 cup rice vinegar  
1/3 cup orange juice  
2 tbsp. honey  
1/2 cup Golden raisins  
1/2 cup dried figs  
1 medium red onion  
3 large celery stocks  
1/4 cup olive oil  
1 cup almonds  
1 bunch mint  
1 tsp. sea salt  
To Taste black pepper



### Instructions

1. Finely chop dried figs.
2. Zest 2 lemons.
3. Roughly chop roasted almonds.
4. Finely chop fresh mint.
5. Put the wheat berries in a saucepan and cover with water.
6. Bring to a boil over medium heat, then turn the heat down to low and partially cover the pot.
7. Cook for 45 minutes, or until the wheat berries are soft yet still chewy.
8. While the wheat berries are cooking, whisk the rice, vinegar, orange juice, and honey together in a small saucepan.
9. Bring to boil and add the raisins and chopped figs. Turn off the heat and let the fruit steep in the juice and vinegar mixture.
11. Finely dice the red onion: you will end up with between 1 and 1 1/2 cups.
12. Finely dice the celery as well. Mix red onion and celery in bowl.
13. When the wheat berries are tender enough to be chewed easily, drain them, then pout them into the large bowl with the red onion and celery. Toss with olive oil and lemon zest. Add the vinegar and juice mixture, and all the fruit and mix. Toss with the almonds, chopped mint, and with the salt. Add pepper to taste.
14. Let the salad stand at room temperature for at least one hour before serving to allow flavor to mix.
15. Serve warm or at room temperature.