

Culinary Corner: Wheat Berry Salad



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Whole grains are a great source of fiber. Everybody knows that. But did you know that whether you're getting enough fiber in your meal is proportional to the number of chews you take to eat your food? A fast food burger can be eaten in less than two minutes. A serving of Wheat Berry salad (recipe below) takes more than five minutes of chewing (I timed myself). Not long enough for you? Practice mindful eating, savor your food, drink water between bites, put your fork down, and eat with others. When we eat too fast, we overeat. By slowing down, not only will the salad be more enjoyable but you will give your brain ample time to register what you are eating and satiety will set in before you discover that you are "full." The difference between "not hungry anymore" and "full" can be several hundred calories. It is better to stop eating at the "not hungry anymore" level.

You can quickly prepare a tasty Wheat Berry salad and give yourself 8+ grams of fiber, well on your way to being the rare American that meets that recommendation of 30 grams of fiber per day for an adult.

Below is simple recipe of the template: whole grain – vegetables – dressing. There are infinite variations to this formula.

Wheat berries takes one hour to cook. They can be prepared a day or two before you plan to make this recipe.

The vegetable chopping takes (me) 12 minutes. If you can find a friend or family member to help with chopping, the time is cut in half. You may have noticed from prior entries, that I use this approach a lot.

The salad can be eaten warm or cold and can last in the fridge for several days. We eat with our eyes before we even put the food in our mouth, so when you eat the salad, make sure you pause and appreciate the colors.



Ingredients- 8 servings

- 2 cups wheatberries
- ½ teaspoon salt
- 1 red bell pepper, diced
- 2 carrots, peeled and diced
- ¼ cup red onion, diced
- 6 scallions, diced
- 4 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- Juice of one lemon
- Salt and pepper to taste

Directions

1. Cook wheatberries – add the wheatberries to 6 cups salted boiling water. Bring to rolling boil, reduce heat, cover and simmer for about one hour or until tender. Drain.
2. Chop – all the above ingredients
3. Mix all the above. Add lemon juice slowly and taste – it is easier to add more acid (lemon juice) than to remove it
4. Enjoy!