

Wheat Berries for Diabetes

- A diet focused on whole grains and fresh fruits and vegetables can help maintain blood sugar levels within normal range.
- The fiber present in whole grains has been shown to assist with weight maintenance, an important health issue for diabetics.
- Wheat provides carbohydrates, the preferred source of fuel for your body, providing you with energy to tackle your daily activities and participate in regular exercise
- Eating balanced meals and snacks (carbohydrates, protein and fat) every 3 to 4 hours throughout the day can help maintain a normal blood sugar level range.

2 cups hard red winter-wheat berries
7 cups cold water
1 teaspoon salt

1. Sort through wheat berries carefully, discarding any stones. Rinse well under cool running water. Place in a large heavy saucepan. Add water and salt.
2. Bring to a boil over high heat, then reduce heat, cover, and simmer gently for 1 hour, stirring occasionally. Drain and rinse. To serve hot, use immediately. Otherwise, follow the make-ahead instructions. Makes about 4 1/2 cups of berries

Chilled Wheat Berry Salad

1 cup uncooked wheat berries
2.5 cups water
16 oz can beans
16 oz can mixed vegetables

Heat wheat berries in water until boiling in 2-quart saucepan, stirring occasionally. Reduce heat and simmer 50 to 60 minutes or until wheat berries are tender but still chewy. Drain the berries. Mix with the beans and vegetables. Refrigerate for 2 hours to blend flavors and then serve.

Option: Drip 2 tbsp. olive oil over salad before serving.



Wheat Berry Salad

1 1/2 cups hard wheat berries
3/4 cup chopped walnuts
2 stalks celery, finely chopped
1/2 cup tart dried cherries, chopped
1 scallion, white and green parts, chopped
1/2 cup finely chopped parsley leaves
3 tablespoons olive oil
2 tablespoons lemon juice
Salt and freshly ground black pepper

In a large pot, combine the wheat berries and enough water to come 2 inches over the wheat berries. Bring to a boil and cook uncovered for 1 hour, or until tender. Drain and let cool. Toast the walnuts in a medium dry skillet over medium-high heat until fragrant, 2 to 3 minutes.

In a large bowl, combine the wheat berries, walnuts, celery, dried cherries, scallions, parsley, olive oil and lemon juice. Season, to taste, with salt and pepper.



Red Wheatberry salad

1/3 cup freshly squeezed orange juice
1/3 cup dried cranberries
3 cups Cooked Wheat Berries
1 large Fuji apple, unpeeled, diced
1/2 cup pecan halves, toasted (see Tip) and coarsely chopped
3 tablespoons raspberry vinegar
3 tablespoons extra-virgin olive oil
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper

Combine orange juice and cranberries in a small bowl. Let stand for 15 minutes.

Combine wheat berries, apple and pecans in a large bowl; stir gently. Drain the cranberries, reserving the juice. Stir the cranberries into the wheat berry mixture. Whisk the reserved orange juice, vinegar and oil in a small bowl until combined. Season with salt and pepper. Pour over the salad and stir gently to coat. Refrigerate for at least 30 minutes to allow the flavors to combine.

Scrumptious Wheat Berry Salad

2 1/2 cups cooked, rinsed, cooled whole wheat kernels
1 large pkg. sugar free vanilla instant pudding
3 Tbsp lemon juice
16 oz whipped sugar free Cool Whip
8 oz fat free cream cheese
1-12 oz can crushed pineapple with no sugar added

Whip cheese and lemon juice and cool whip. Add remaining ingredients

Wheat Berry Chili

2 tablespoons extra-virgin olive oil
1 large yellow onion, chopped
1 large yellow bell pepper, chopped
5 cloves garlic, minced
2 teaspoons chili powder
1 1/2 teaspoons ground cumin
1 teaspoon dried oregano

1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
2 15-ounce cans black beans, rinsed
2 14-ounce cans no-salt-added diced tomatoes, undrained
1-2 canned chipotle peppers in adobo sauce, minced (see Tip)
2 cups vegetable broth
2 teaspoons light brown sugar
2 cups Cooked Wheat Berries
Juice of 1 lime
1 avocado, diced
1/2 cup chopped fresh cilantro

1. Heat oil in a Dutch oven over medium-high heat. Add onion, bell pepper, garlic, chili powder, cumin, oregano, salt and pepper, and cook, stirring occasionally, until tender, about 5 minutes. Add beans, tomatoes, chipotle to taste, broth and brown sugar. Bring to a boil over high heat, reduce heat, cover, and simmer for 25 minutes.
2. Stir in cooked wheat berries and heat through, about 5 minutes more. Stir in lime juice. Garnish with cilantro.

Brown Rice and Wheat Berry Pilaf

1 c. wheat berries 1 c. brown rice
5 c. water or chicken broth
2-3 tbsp. butter or oil
Salt and pepper to taste
1 bay leaf
1/2 tsp. thyme
1/2 c. chopped onion

Bring water or stock to a boil. Add wheat berries and cook for 1 hour. Add brown rice and cook 30 minutes. Melt butter or heat oil in small skillet and sauté onion and optional celery. Mushrooms and carrots may also be added at this time. Add vegetables to wheat berry/rice mixture. Add bay leaf, thyme, and the parsley. Salt and pepper to taste. Continue to cook another 30 minutes or until grains are tender. Continue to cook another 30 minutes.

