

Wheat Berry Veggie Bowl With Chickpeas

Prep 10M | Cook 1Hr | Enjoy in 1Hr 10M

Wheat berries are hulled wheat kernels. Once cooked, they have a slightly chewy texture and a nutty flavour that is great in salads, mixed into soups or added to your breakfast porridge. This easy-to-make bowl is high in fibre thanks to the wheat berries and offers plant-based protein with chickpeas. The perfect lunch!

INGREDIENTS

- 1 cup wheat berries
 - 3 cups water
 - ½ tsp salt
 - 1 can 540 ml can no-salt-added chickpeas, rinsed and drained
 - 1 cup red bell pepper, chopped
 - 1½ cups chopped cucumber
 - 1 cup grape tomatoes, halved
 - 3 tbsp sliced green onions
 - 4 cups baby spinach, sliced
 - ½ cup chopped fresh parsley
 - 2 tbsp olive oil
 - 2 tbsp apple cider vinegar
 - 2 tbsp fresh lemon juice
 - 1 tbsp soy sauce
 - 1 tsp Dijon mustard
 - 1 tsp maple syrup
 - 1 clove garlic, finely minced or grated
 - ½ tsp salt
 - ½ tsp ground pepper
 - ½ cup sunflower seeds, toasted
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DIRECTIONS

1. Combine wheat berries, water and ½ tsp salt in a medium saucepan. Bring to a boil over medium heat. Reduce heat and simmer, covered, until wheat berries are tender but slightly chewy, about 50 – 55 minutes. Drain and rinse with cold water. Set aside.
2. In a large bowl, combine chickpeas, peppers, cucumbers, tomatoes, green onions, spinach and parsley. Add wheat berries and stir to combine.
3. To make dressing, combine olive oil, vinegar, lemon juice, soy sauce, mustard, maple syrup, garlic, salt and pepper in small bowl. Whisk to combine.
4. Add dressing to wheat berries and vegetables and stir to combine. Sprinkle with toasted sunflower seeds before serving. Enjoy!

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NUTRITIONAL FACTS

Serves 6

Per 1 ½ cup serving: 321 calories, 13 g fat, 12 g protein, 42 g carbohydrate (32 g available carbohydrate), 10 g fibre, 390 mg sodium