

Wheat Berry Waldorf Salad

1/2 cup wheat berries
1 1/2 cups water
2 tablespoons Dijon mustard
1 teaspoon honey
1 sweet apple, chopped
1 celery rib, chopped
1/4 cup raisins
1/3 cup nonfat yogurt
2 tablespoons fresh lemon juice
1/2 cup walnuts, chopped

Add wheat berries and water to saucepan and bring the mixture to a boil, lower the heat and simmer covered until the wheat berries are tender but still chewy in texture, about 30 minutes. Set aside to cool.

Toss cooled wheat berries and remaining ingredients together in bowl and serve.