

THE EATINGWELL DIET: 7 PROVEN STEPS TO A NEW, TRIMMER YOU p. 44

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DESSERTS**

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## CONTRIBUTORS



Our new contributing editor, **CHERYL STERNMAN RULE**, wears many hats: nutrition reporter, recipe developer and cookbook consultant among them. But what she really loves is introducing people to unfamiliar foods like wheat berries (*Meet the Real Whole*

*Wheat*, p. 66) by incorporating them into tasty and healthful dishes. Rule, who also wrote "Dog-Gone Those Pounds!" (page 14) for this issue, lives in San Jose, California.

Pork Medallions with Figs & Port, p. 60 | Wheat Berry Chili, p. 68 | Maple-Glazed Chicken, p. 35



# MEET THE REAL WHOLE WHEAT

THE PUREST FORM OF THIS WHOLESOME AND HEALTHY GRAIN,  
WHEAT BERRIES ARE AS EASY TO COOK AND AS VERSATILE AS RICE

BY CHERYL STERNMAN RULE | FOOD PHOTOGRAPHS BY KEN BURRIS

**T**HE FIRST TIME I heard of wheat berries, I was flummoxed. After all, berries are supposed to be colorful and juicy, so a “wheat berry” seemed oxymoronic at best. Then, about 10 years ago, a friend made me a wheat-berry salad and the nutty flavor and chewy texture of the grains stuck with me. I’ve since come to embrace whole grains from quinoa to teff. And while “addict” may be too strong a word, I always have a stash of cooked wheat berries in my freezer. With cooked grains at the ready, creating healthful meals is a snap.

Chock-full of B vitamins, iron, magnesium, zinc and fiber, wheat berries are actually whole, unprocessed kernels of wheat. (For more on wheat, see Last Bite, page 88.) And because they haven’t been refined, the three parts of the grain (the nutrient-rich bran and germ, as well as the endosperm) are all intact. Whole grains, we know, help to lower cholesterol, improve digestion and play a key role in fighting certain cancers.

I always choose hard red winter-wheat berries (rather than the soft-wheat variety) for their distinctive texture and flavor. Many recipes advise soaking wheat berries overnight to soften them before cooking, but soaking doesn’t discernibly alter their texture; by all means skip this step and save the effort.

Wheat berries take a full hour to cook, so boil a large batch when you have a chunk of time, drain them and spread the grains out on a baking sheet to speed cooling. You can then scoop 1- or 2-cup servings of the cooked wheat berries into sealable plastic bags and freeze them. Now they’re just as easy to heat and serve as microwavable brown rice. You can even add frozen cooked wheat berries—without defrosting them—to soups and stews.

Prepare yourself for the hearty goodness this unsung grain has to offer. If you appreciate texture and value versatility, you’re about to discover a new (and at roughly 60 cents per

pound, highly affordable) pantry favorite. Look for wheat berries in the bulk aisle at your favorite natural-foods store. And get ready to be smitten.

## Master Recipe: Wheat Berries

Healthy  Weight

ACTIVE TIME: 5 MINUTES | TOTAL: 1¼ HOURS | TO MAKE AHEAD: Cover and refrigerate for up to 2 days or freeze for up to 1 month.

*Contrary to popular belief, wheat berries do not require an overnight soak before cooking. Simply boil them for 1 hour to soften the kernels, which will produce their characteristically chewy texture. **SHOPPING TIP:** Wheat berries can be found in natural-foods markets and online at King Arthur Flour, (800) 827-6836, [bakerscatalogue.com](http://bakerscatalogue.com), and Bob’s Red Mill, (800) 349-2173, [bobsredmill.com](http://bobsredmill.com).*

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

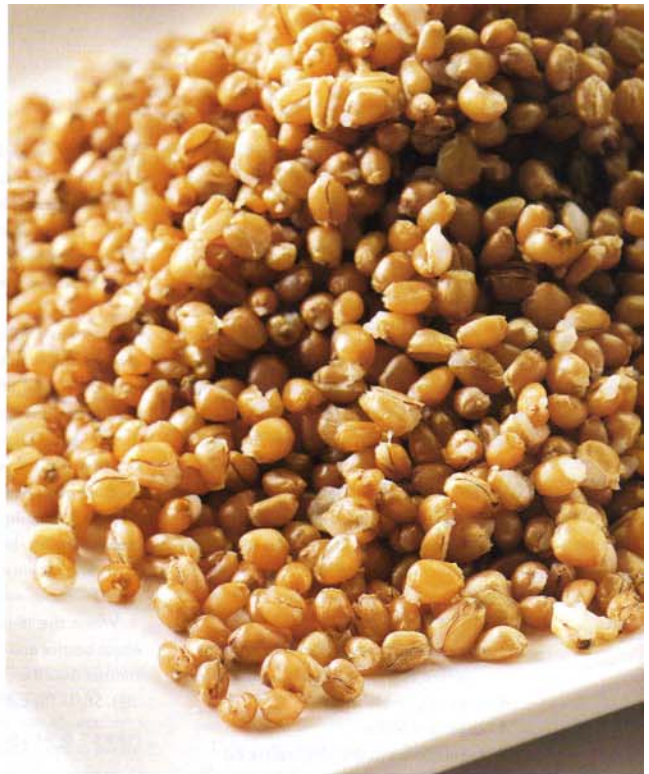
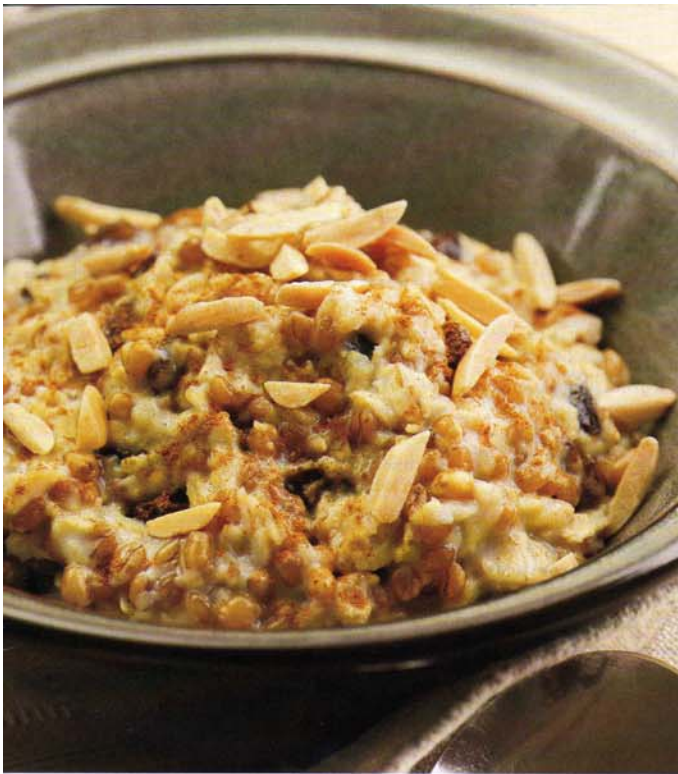
- Sort through wheat berries carefully, discarding any stones. Rinse well under cool running water. Place in a large heavy saucepan. Add water and salt.
- Bring to a boil over high heat, then reduce heat, cover, and simmer gently for 1 hour, stirring occasionally. Drain and rinse. To serve hot, use immediately.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

MAKES ABOUT 4½ CUPS.

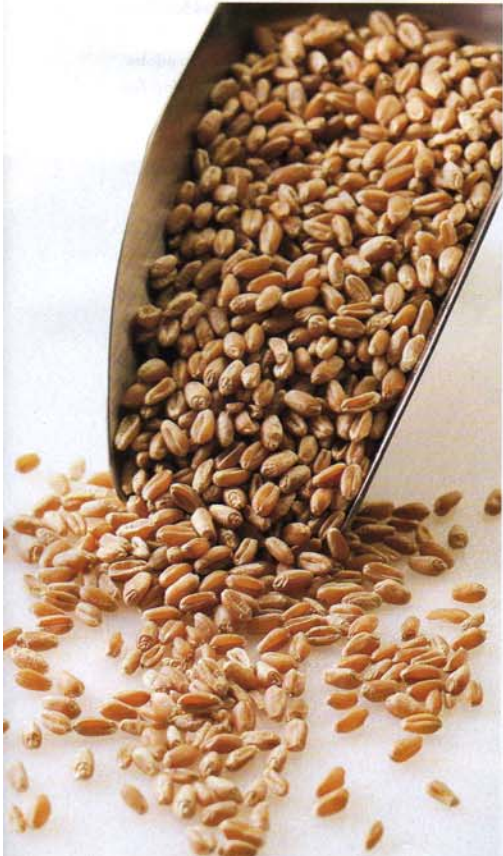
PER ½ CUP: 151 CALORIES; 1 G FAT (0 G SAT, 0 G MONO); 0 MG CHOLESTEROL; 29 G CARBOHYDRATE; 6 G PROTEIN; 4 G FIBER; 263 MG SODIUM; 0 MG POTASSIUM.

*Cheryl Sternman Rule, a freelance food and nutrition writer based in San Jose, California, is a contributing editor for EATINGWELL.*





The genes in a grain of wheat contain 16 billion base pairs of DNA—that's 40 times as many as rice and five times more than the human genome. Above, left: Start the morning out right with a bowl of cinnamon-scented Creamy Wheat Berry Porridge, flecked with raisins and topped with toasted almonds (recipe on page 69).





## Cumin-Scented Wheat Berry-Lentil Soup

Healthy  $\times$  Weight High  $\uparrow$  Fiber

ACTIVE TIME: 45 MINUTES | TOTAL: 45 MINUTES | TO MAKE AHEAD: Store in an airtight container in the freezer for up to 1 month.

 Freshly squeezed lemon juice adds a bright note to this toothsome and hearty winter soup, perfect for a weeknight supper with a hunk of crusty bread. It freezes beautifully—you can keep individual portions in the freezer for healthy weekday lunches. **SHOPPING TIP:** French green lentils are firmer than brown lentils and cook more quickly. They can be found in natural-foods stores and some supermarkets. For homemade vegetable broth, see Roasted Vegetable Stock at eatingwell.com.

- 1 1/2 cups French green or brown lentils, sorted and rinsed (see Shopping Tip)
- 4 cups vegetable broth
- 4 cups cold water
- 3 tablespoons extra-virgin olive oil
- 3 large carrots, finely chopped
- 1 medium red onion, diced
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper, plus more to taste
- 4 cloves garlic, minced
- 1 1/2 teaspoons ground cumin

1 1/2 cups cooked wheat berries (see master recipe, page 66)

- 1 bunch rainbow or red chard, large stems discarded, leaves roughly chopped
- 3 tablespoons lemon juice

1. Combine lentils, broth and water in a Dutch oven. Bring to a boil over high heat, reduce heat, cover, and simmer gently until the lentils are tender, but not mushy, 25 to 30 minutes (brown lentils take a little longer than green).  
2. Meanwhile, heat oil in a large skillet over medium heat. Add carrots, onion, salt and pepper. Cook, stirring occasionally, until the vegetables begin to brown, about 15 minutes. Add garlic and cumin and cook, stirring constantly, for 30 seconds more. Remove from the heat.  
3. When the lentils are tender, stir cooked wheat berries and chard into the pot. Cover and simmer until the chard has wilted, about 5 minutes. Stir in the carrot mixture and lemon juice.

MAKES 6 SERVINGS, 1 2/3 CUPS EACH.

PER SERVING: 250 CALORIES; 8 G FAT (1 G SAT, 5 G MONO); 0 MG CHOLESTEROL; 36 G CARBOHYDRATE; 9 G PROTEIN; 9 G FIBER; 617 MG SODIUM; 433 MG POTASSIUM. **NUTRITION BONUS:** Vitamin A (160% DAILY VALUE), Fiber (36% DV), Folate (26% DV), Vitamin C (25% DV), Iron (20% DV).

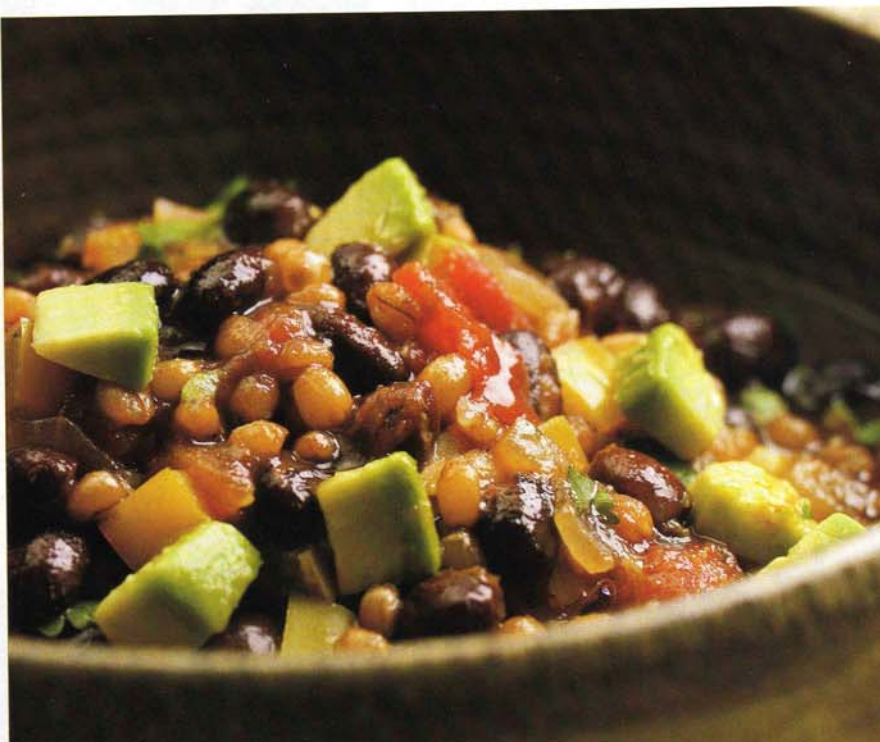
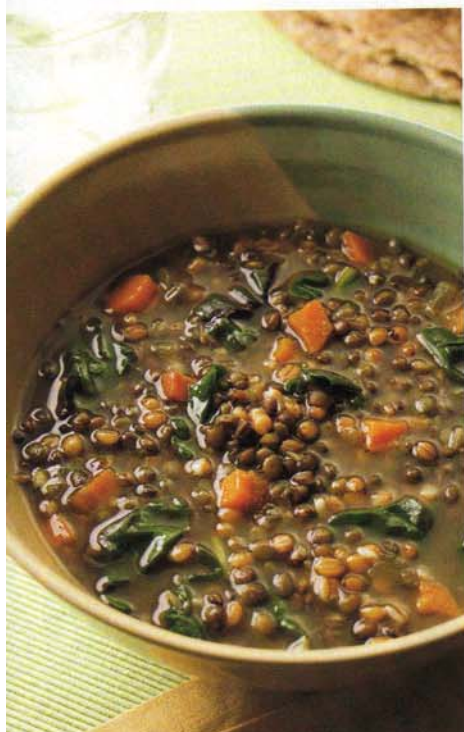
## Zesty Wheat Berry-Black Bean Chili

High  $\uparrow$  Fiber

ACTIVE TIME: 25 MINUTES | TOTAL: 1 HOUR

Feel free to add an additional chipotle pepper to crank up the heat in this one-pot meal. Cooked wheat berries will keep for up to 1 month in your freezer; there's no need to thaw them—stir them directly into the chili. **SHOPPING TIP:** Canned chipotle peppers (smoked jalapeños) in adobo sauce add heat and a smoky flavor. Look for the small cans with other Mexican foods in large supermarkets. Once opened, they will keep for up to 2 weeks in the refrigerator or 6 months in the freezer.

- 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 Shopping Tip)

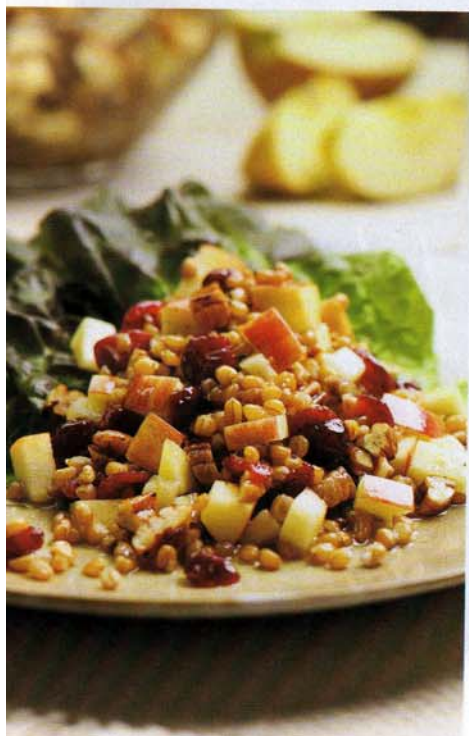




- 2 cups vegetable broth
- 2 teaspoons light brown sugar
- 2 cups cooked wheat berries (see master recipe, page 66)
- Juice of 1 lime
- 1 avocado, diced
- 1/2 cup chopped fresh cilantro

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. (If using frozen wheat berries, cook until thoroughly heated.)

*Opposite:* Wheat berries shine with lentils and cumin in a hearty soup and harmonize with black beans in a zesty chili. *Below:* Wheat Berry Salad with Red Fruit, high in fiber and vitamin C, is a simple combination of fruit, nuts and wheat berries that comes together in just minutes. Top any leftovers with roast chicken for lunch at the office.



Remove from the heat. Stir in lime juice. Garnish each bowl with avocado and cilantro.

**MAKES 6 SERVINGS, ABOUT 1 1/2 CUPS EACH.**

**PER SERVING:** 386 CALORIES; 11 G FAT (1 G SAT, 7 G MONO); 0 MG CHOLESTEROL; 61 G CARBOHYDRATE; 14 G PROTEIN; 15 G FIBER; 703 MG SODIUM; 311 MG POTASSIUM. **NUTRITION BONUS:** Vitamin C (130% DAILY VALUE), Fiber (72% DV), Folate (48% DV), Iron & Vitamin A (25% DV).

### Wheat Berry Salad with Red Fruit

High ↑ Fiber

**ACTIVE TIME:** 20 MINUTES | **TOTAL:** 1 HOUR | **TO MAKE AHEAD:** Cover and refrigerate for up to 1 day.

*If you're looking for a recipe to turn your friends and family into wheat-berry fans, this is the one. The sweet and tart combination of raspberry vinegar, cranberries and apple is sure to please. Serve over lettuce for lunch or a light supper.*

- 1/3 cup freshly squeezed orange juice
- 1/3 cup dried cranberries
- 3 cups cooked, cooled wheat berries (see master recipe, page 66)
- 1 large Fuji apple, unpeeled, diced
- 1/2 cup pecan halves, toasted (see Tip, page 81) and coarsely chopped
- 3 tablespoons raspberry vinegar
- 3 tablespoons extra-virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

1. Combine orange juice and cranberries in a small bowl. Let stand for 15 minutes.
2. 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.
3. 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. Serve cold or at room temperature.

**MAKES 6 SERVINGS, ABOUT 1 CUP EACH.**


**PER SERVING:** 316 CALORIES; 14 G FAT (2 G SAT, 9 G MONO); 0 MG CHOLESTEROL; 40 G

CARBOHYDRATE; 7 G PROTEIN; 6 G FIBER; 363 MG SODIUM; 90 MG POTASSIUM. **NUTRITION BONUS:** Vitamin C (15% DAILY VALUE).

### Creamy Wheat Berry Porridge

High ↑ Fiber

**ACTIVE TIME:** 10 MINUTES | **TOTAL:** 10 MINUTES

 *This warming whole-grain porridge pairs cooked wheat berries with rolled oats, fruit and nuts for a filling, fiber-rich breakfast. Using a microwave makes preparation speedy, especially if you've thawed frozen cooked wheat berries overnight in the refrigerator.*

- 1 1/4 cups old-fashioned rolled oats
- 1/2 cup raisins
- 2 cups nonfat milk or reduced-fat soymilk
- 1/8 teaspoon salt
- 1 1/4 cups cooked wheat berries (see master recipe, page 66)
- 2 teaspoons brown sugar
- 1 teaspoon ground cinnamon
- 1/4 cup slivered almonds, toasted (see Tip, page 81)

Place oats, raisins, milk (or soymilk) and salt in a large, microwave-safe bowl. (No microwave? See stovetop variation, below.) Stir to combine. Microwave on High, uncovered, for 3 minutes. Stir in cooked wheat berries and microwave again until hot, 1 to 2 minutes more. Let stand for 1 minute. Stir in brown sugar and cinnamon. Sprinkle with toasted almonds and serve.

**MAKES 3 SERVINGS, ABOUT 1 CUP EACH.**

**PER SERVING:** 453 CALORIES; 8 G FAT (1 G SAT, 3 G MONO); 3 MG CHOLESTEROL; 79 G CARBOHYDRATE; 19 G PROTEIN; 9 G FIBER; 404 MG SODIUM; 522 MG POTASSIUM. **NUTRITION BONUS:** Fiber (36% DAILY VALUE), Calcium (30% DV), Iron (20% DV), Potassium (15% DV).

#### STOVETOP VARIATION:

Bring milk (or soymilk) to a boil in a medium saucepan over medium-high heat. Stir in oats, raisins and salt. Reduce heat to low, cover, and cook for 3 minutes. Stir in cooked wheat berries and cook until heated through, about 1 minute more. Remove from the heat. Stir in brown sugar and cinnamon; let stand for 1 minute. Sprinkle with toasted almonds and serve. ☉