

Try Me!

Wheat Berries

Wheat berries are the primary ingredient in an Eastern European Christmas porridge called kutya.

Raw wheat berries.



A quarter cup of cooked berries contains 15% of your recommended daily fiber intake.

Wheat berries taste nutty, earthy, and chewy.

Packed with Nutritional Benefits!

- The sprouts are loaded with vitamin E, a cell protecting antioxidant, and magnesium, which is good for healthy bones and muscles.
- A cup of cooked wheat berries has about 300 calories and is packed with fiber, protein and iron.
- Since the wheat kernel is left intact, virtually none of the nutrients are stripped away.
- Eating whole grains like those in wheat berries have been linked to numerous health benefits, including less body fat and reduced risk of heart disease, diabetes and even gum disease.

The term wheatberry or wheat berry

refers to the entire wheat kernel (except for the hull), comprising the bran, germ, and endosperm. Wheat berries have a tan to reddish brown color and are available as either a hard or soft processed grain. They are often added to salads or baked into bread to add a crunchy texture; as a whole grain, they also provide nutritional benefits since they are an excellent source of dietary fiber.

Cooked wheat berries.



Cooking with Wheat Berries

They are also endlessly versatile, here are some simple ideas:

- Replace the bulgur in a tabouli salad,
- or the barley in a beef soup,
- or the couscous in a sublime lunch of roasted vegetables and feta cheese.
- It is comforting and delicious even with just a bit of hot chicken broth and grated Parmesan.

Wheat berries are the perfect antidote to the chill of winter.

To cook: Heat a cup of wheat berries in two cups of hot water, bring to a low boil and simmer, uncovered, for one hour.

