

# FALL HARVEST WHEAT BERRIES

Bob West, *Bob's Smoked Meats*

6-8 Servings



- 1 butternut squash
- 10 oz of kale
- 1 Tbsp of honey
- ½ lb of shiitake mushrooms
- Feta
- Sea salt and freshly ground black pepper
- 1 Cup of wheat berries
- Juice of 1 large lemon
- 2 tsp Italian seasoning
- 1 box low sodium chicken stock
- 1 Tbsp of apple cider vinegar
- 1 can chick peas
- ¼ Cup of extra virgin olive oil + 1Tbsp

Combine the lemon juice, vinegar, honey and extra virgin olive oil and whisk together. Season with salt and pepper. Allow to sit.

Rinse wheat berries thoroughly before cooking. Place wheat berries and chicken stock in sauce pan. Bring to a boil and then reduce to a simmer for one hour.

Dice squash and sauté in olive oil with salt, pepper, and Italian Seasoning. Clean and cut the mushrooms into thin slices and add to sauté pan.

Layer kale on a plate. Top with cooked wheat berries, chick peas, cooked squash and mushrooms. Top with dressing and feta.

