

Bartlett Pear, Roasted Winter Squash and Wheat Berry Salad

Recipe by Chef Garrett Berdan, RDN

Yields 25 Portions; Serving Size 1.5 cups

Ingredients:

- ◆ 5 cups hard red wheat berries
- ◆ 6 pounds butternut squash, raw, $\frac{3}{4}$ inch dice
- ◆ $\frac{1}{4}$ cup vegetable oil
- ◆ 1 teaspoon ground cinnamon
- ◆ 1 teaspoon salt
- ◆ $\frac{1}{2}$ teaspoon ground black pepper
- ◆ 6 pounds 12 ounces diced, juice packed Pacific Northwest Canned Pears, drained, juice reserved
- ◆ 3 cups 2 tablespoons celery, $\frac{1}{4}$ inch dice
- ◆ 1 $\frac{1}{2}$ cups dried cranberries

For the vinaigrette

- ◆ 1 cup reserved pear juice
- ◆ $\frac{1}{4}$ cup red wine vinegar
- ◆ $\frac{1}{2}$ cup vegetable oil
- ◆ 2 teaspoons Dijon mustard
- ◆ 1 teaspoon salt
- ◆ $\frac{1}{2}$ teaspoon ground black pepper
- ◆ $\frac{1}{2}$ teaspoon ground cinnamon

Directions

1. Preheat the oven to 375°F.
2. Place the wheat berries and $\frac{1}{2}$ gallon of water in a large stockpot. Bring to a boil, then reduce to a simmer and continue cooking, covered, until the grains are tender and chewy, about 50-60 minutes. Drain and rinse with cold water, then place in the refrigerator to chill.
3. Combine the diced butternut squash, vegetable oil, cinnamon, salt and black pepper in a large mixing bowl. Mix until all of the squash is coated with oil and seasonings. Distribute the squash on 2 full-size sheet pans making sure the pieces are not crowded. Roast in a preheated 375°F oven for 30 minutes, or until caramelized and tender. Place roasted squash in the refrigerator to chill.
4. Combine the chilled wheat berries, chilled roasted squash, diced Pacific Northwest Canned Pears, celery and dried cranberries. Set aside.
5. Place all of the ingredients for the vinaigrette in a blender and blend on high until emulsified, about 30 seconds. Pour dressing over the salad and stir gently until well distributed. Hold chilled until ready for service.



Nutrients per serving:

325 calories, 8 g total fat, 1 g saturated fat, 211 mg sodium, 62 g total carbohydrate, 10 g dietary fiber, 17 g sugars, 8 g protein

National School Lunch Program Meal Pattern Crediting Information:

1 $\frac{1}{2}$ cups of salad provides 1 ounce equivalent whole grains, $\frac{1}{2}$ cup red/orange vegetables and $\frac{1}{2}$ cup fruit.