



# Rye Berry Salad with Goat Cheese, Pecans, and Saskatoon Vinaigrette

Serves 8

## Ingredients:

2 cups of rye berry  
6 cups of water  
2 cups of corn niblets  
1 cup of fresh Saskatoon berries,  
washed  
3 tbsp of mint, chopped  
1 bunch of parsley, chopped  
2 cups of fresh tomatoes, cubed

1 cup of green onions, chopped  
1 cup of pecans, chopped  
2 cups of celery with leaf,  
washed and chopped  
1 lbs of goat cheese or goat feta  
3 cups of fresh fennel, thinly sliced,  
sauté in a little oil  
½ cup of cold pressed canola oil or olive oil

## Instructions:

Combine 2 cups of rye berries in 6 cups of water and a pinch of salt, bring to boil, reduce heat and simmer for about one hour until tender, cool.

Sauté the sliced fennel in a little olive oil, salt and pepper.

Add a few drops of water to keep the fennel tender, cool.

Wash and prep the remaining ingredients.

Toss the cooled rye berries with the salad ingredients,  
toss in Saskatoon vinaigrette.

Drizzle a little olive oil or cold pressed canola oil.

Enjoy!

## Vinaigrette:

1 cup Saskatoon berries, washed  
1 cup red wine vinegar  
2 tbsp lemon juice  
2 tbsp honey  
1 sprig of fresh thyme  
Salt and pepper to taste



Place berries, vinegar, thyme and honey in a large pot.

Bring to a boil and then simmer for 4 minutes to soften berries. Cool.

Puree with olive oil, lemon juice, salt and pepper.