



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.