

Roasted Mushroom & Wheat Berry Salad

This grain salad is bursting with the flavors of earthy mushrooms, nutty grains, and a hint of citrus.



fresh
MUSHROOMS



Prep Time: 10 minutes



Cook Time: 15 minutes



Total Time: 25 minutes



Yield: 4 servings

INGREDIENTS

8 oz white button mushrooms, halved
1 tbsp extra virgin olive oil
1/2 tsp fine ground sea salt
1/2 tsp ground black pepper
2 cups cooked wheat berries*, warm
2 green onions, sliced
2 tbsp dried cranberries, chopped

Dressing

2 tbsp extra virgin olive oil
2 tbsp fresh orange juice
1 tsp curry powder
1/2 tsp fine ground sea salt

INSTRUCTIONS

Preheat the oven to 400 degrees F.

Place the mushrooms on a baking sheet. Drizzle with the olive oil. Sprinkle with the 1/2 teaspoon salt and the pepper. Toss to coat. Bake for 10 minutes. Carefully stir the mushrooms, and bake for 5 more minutes, until tender.

Transfer the mushrooms to a medium bowl. Add the wheat berries, green onions, and cranberries.

Whisk together all of the dressing ingredients in a small bowl. Pour the dressing over the salad.

Toss to mix all ingredients. Serve warm.

** Tip: Substitute any of your favorites grains for the wheat berries such as farro, pearled couscous, or brown rice.*

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