

# Herbal Legacy Recipes

## VEGETABLE WHEAT BERRIES

Adapted from the book "Discover Wheat and Other Grains" by Cary Ruggles

### INGREDIENTS:

- 3 cups wheat berries (soaked 24 hours, then low heated)
- 1 cup broccoli
- 1 cup carrots
- 1 cup corn
- 2 T. Tamari or Nama Shoyu
- ¼ tsp. Garlic Salt
- Pinch of pepper



### DIRECTIONS:

1. Place wheat berries and vegetables in a large mixing bowl and stir.
2. Add Tamari, garlic salt and pepper then mix well.
3. You can gentle warm this up on the stove or serve immediately.

### VARIATIONS:

- Use as a filling in lettuce wraps.
- Replace the wheat with a different grain (IE brown rice, quinoa, barley, spelt) or use a combination of mixed grains.
- Experiment with different types of spices.

You can contact the author at [www.discoverwheat.com](http://www.discoverwheat.com)

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<http://www.herballegacy.com/Recipes.html>

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