



Mediterranean Salad

Number of Servings: 8
Serving Size: 1 cup

Equipment:

Slow Cooker

Ingredients:

2 cups wheat berries*
6 cups of water
½ red bell pepper, diced
½ yellow bell pepper, diced
1 cucumber, peeled and diced
1/3 red onion, diced
1 lemon, juiced
2 Tablespoons extra virgin olive oil
½ teaspoon salt
Pepper to taste
4-ounce feta cheese, crumbled

*Any whole grain can be substituted for the wheat berries, according to your preference.

Directions:

Rinse wheat berries well. Put the 2 cups of wheat berries and 6 cups water in slow cooker and cook on low for 8 to 12 hours. Remove wheat berries from slow cooker and allow to cool slightly. Add all remaining ingredients except for the feta cheese, and stir to combine. Serve with feta sprinkled over the top.

Cost per recipe: \$11.42

Cost per serving: \$1.43

MyPlate servings: 2 servings of grain, ½ serving of vegetables, ¼ serving of dairy

Nutrition Facts

Serving Size 1 cup
Serving Per Container 8

Amount Per Serving

Calories 192

% Daily Values*

Total Fat 7g		11%
Saturated Fat 3g		15%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 3g		
Cholesterol 13mg		4%
Potassium 221mg		6%
Sodium 168mg		7%
Total Carbohydrate 28g		9%
Dietary Fiber 5g		20%
Sugars 0g		
Protein 7g		14%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>