

WHEAT BERRY AND VEGETABLE SAUTE

MAKES 4 SERVINGS

1 CUP CHOPPED ONION

1 TABLESPOON OLIVE OIL

1 ½ CUPS CHOPPED ZUCCHINI

1 CUP CORN KERNELS

1 CUP CHOPPED YELLOW SQUASH

1 CUP CHOPPED RED BELL PEPPER

2 CUPS WHEAT BERRIES

¾ CUP HERB MIXTURE

1 TABLESPOON UNSALTED BUTTER

¼ TSP BLACK PEPPER

1 14.5 OZ CAN UNSALTED NAVY BEANS

¼ TSP SALT OPTIONAL

2 TABLESPOONS SHAVE PARMESAN OPTIONAL

- 1) SAUTE ONION IN OLIVE OIL IN A LARGE SKILLET OVER MEDIUM HEAT 4 MINUTES. ADD ZUCCHINI, CORN KERNELS, YELLOW SQUASH AND BELL PEPPER; COOK 5 MINS. ADD WHEAT BERRY MIXTURE, ½ CUP HERB MIXTURE, BUTTER, SALT, PEPPER AND BEANS, COOK 2 MINS. PLACE 1 ¾ CUPS VEGETABLE MIXTURE IN EACH OF 4 BOWLS; TOP EVENLY WITH REMAINING 1/4 CUP HERB MIXTURE AND SHAVED PARMESAN.

