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FOODS



Rye Berries Seasonal Salad

Ingredients:

2 cups Rye Berries
4 tablespoons Academia Barilla Extra Virgin Olive Oil
2 tablespoons Spriana Traditional 4 Leaf Balsamic Vinegar
2 scallions, minced, white and green parts
1 red bell pepper, small diced
2 oranges, pitted and cut
1/2 cup green olives, pitted and cut
1 tablespoon flaxseed meal
1/2 teaspoon freshly ground black pepper
Spriana Gourmet Sea Salt To Taste

Optional: feta cheese, chopped grapefruit, chopped papaya, fresh mint/parsley, lemon zest, preserved lemons

Directions:

1. Place the rye berries and 3 cups of boiling water in a saucepan and cook, uncovered, over low heat for approximately 45 minutes, or until they are soft, but still chewy. Drain.
2. Whisk together Olive oil and Balsamic.
3. In large bowl combine rye berries, vegetables, fruit and scallion. Toss with dressing. Finish with Pepper and Salt

Enjoy, Meg
"Meg at the Market"
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