

# Caprese Grain Salad

## Side Dish



THE OHIO STATE  
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WEXNER MEDICAL CENTER

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Makes: 6 half cup servings

### Ingredients:

- 1 cup dried wheat berries or farro
- 3 cups water, vegetable stock or chicken stock
- 1 green pepper
- 3 sprigs of fresh basil, or ½ tsp dried basil
  - You could also add fresh or dried parsley or thyme if you really like herb heavy recipes.
- ½ cup Fresh mozzarella cubed
- 1 cup diced grape tomatoes
- 2 cups of salad greens (your choice, romaine, spinach, mesclun mix.)
- 2 Tbsp Olive Oil
- 1 Tbsp Balsamic Vinegar
- Splash of Lemon Juice (optional)
- Salt and Pepper as needed
- Optional Add Ins:
  - Grilled/Cooked veggies like zucchini, onions, chopped broccoli or asparagus.

### Directions:

1. Cook grains according to the instructions on the package. Each grain may have different liquid ratio's so make sure you check cook times.
2. Toss the grains in the oil, balsamic vinegar and the herbs of your choice. Set aside in the fridge and allow to cool.
3. Assemble remaining ingredients, slice or dice tomatoes, dice peppers, cut mozzarella to desired size, add any remaining ingredients that you think sound delicious.
4. Toss together with grain portion and adjust seasonings as needed.
5. Eat by itself, with a mountain of grilled veggies, or over salad greens. However you would find it most enjoyable.