



## **Roasted Pumpkin, Wheatberry and Kale Salad**

### Ingredients

1 1/2 cups wheatberries  
6 cups salted water  
10 oz chopped kale (8 cups)  
3 tablespoons olive oil, plus more as needed  
1/8 teaspoon fine sea salt, plus more as needed  
2 cups diced acorn squash or pumpkin  
½ teaspoon ground coriander  
1/2 cup chopped pecans, toasted  
1 garlic clove smashed  
pinch red pepper flakes  
juice and zest of 1 lemon  
¼ cup dried cranberries, chopped

### Instructions

Combine wheatberries in a sauce pot with the salted water and place over a medium flame. Bring to a simmer and cook until very tender, about 35 minutes. Strain the cooked wheatberries and spread into a thin layer on a baking sheet to steam dry.

Toss the kale with 3 tablespoons olive oil and 1/8 teaspoon salt. Spread the kale into a single layer on a baking sheet- use two if necessary- and bake at 300°F until crisp. Set aside to cool.

Turn the oven to 400°F. Toss the pumpkin with olive oil, salt and coriander. Roast the pumpkin in the oven until lightly browned and tender, about 12-15 minutes.

Place a large saute pan over high heat. Pour in enough olive oil to completely cover the bottom of the pan. Add the garlic clove and pepper flakes to oil. When the garlic begins to brown, add all of the wheatberries and stir until warmed through. Scatter the pumpkin and pecans over the quinoa and toss or stir to mix well. Transfer the mixture to a bowl and fold in the baked kale, lemon juice and zest and cranberries. Serve warm.