

Wheat Berry and Barley Salad with Smoked Mozzarella

This delicious wheat berry and barley salad was inspired by a recipe in the July 1994 issue of Gourmet Magazine.

- 1 c. hard wheat berries
- 1 c. pearl barley
- 1 small red onion, chopped
- 2 garlic cloves, minced and mashed with 1/2 t. salt
- 1/4 c. balsamic vinegar
- 1/4 c. olive oil
- 1/2 c. minced parsley
- 6 scallions thinly sliced with about one inch of green part (3/4 c.)
- 2 c. frozen corn
- 8 oz. smoked mozzarella, shredded
- 1 pint cherry tomatoes, halved

Into a kettle of salted boiling water stir wheat berries and cook at a slow boil 30 minutes. Stir in barley and cook grains at a slow boil 40 minutes. While grains are cooking, in a large bowl stir together onion, garlic paste, vinegar and oil. Drain grains well and add to onion mixture. Toss mixture well and cool. Add parsley, scallions, corn, mozzarella, tomatoes, and salt and pepper to taste. Salad may be made one day in advance but add the tomatoes just before serving and after the salad has been brought to room temperature. Serves 6.