

Whole Foods Wheat Berry Salad with Citrus, Pine Nuts, Feta and Spinach

2 cups soft wheat berries, rinsed
6 cups water
2 teaspoons fine-grain sea salt

Citrus Dressing:

Grated zest and juice of 1 orange
1 tablespoon freshly squeezed lemon juice
1 tablespoon minced shallot
½ cup extra-virgin olive oil
Fine-Grain sea salt and freshly ground black pepper

3 generous handfuls spinach leaves, stemmed and well rinsed
1 cup toasted pine nuts
½ cup crumbled feta cheese

Combine the wheat berries, water, and 2 tablespoons salt in a large saucepan over medium-high heat. Bring to a boil, lower the heat, and simmer, covered, until plump and chewy, about an hour or so. The berries should stay al dente, and the only way to be sure they're done is to taste a few. Drain and season to taste with more salt. To make the dressing, combine the orange zest and juice, lemon juice, and shallot. Whisk in olive oil and season with a few pinches of salt and a few grinds of pepper. Toss the hot wheat berries with the spinach, pine nuts, citrus dressing, and top with feta. Taste for seasoning and sprinkle with a bit more salt if needed.

From Super Natural Cooking by Heidi Swanson

Poached Salmon from Cooking Light – August 2009

Sauce:

- 2 tablespoons reduced-fat sour cream
- 1 tablespoon organic canola mayonnaise (such as Spectrum)
- 1 1/2 teaspoons chopped fresh dill
- 1 1/2 teaspoons fresh lemon juice
- 1 1/2 teaspoons country-style Dijon mustard

Salmon:

- 3 1/2 cups dry white wine
- 2 cups water
- 1/4 cup fresh lemon juice
- 2 cups thinly sliced onion
- 2 dill sprigs
- 4 (6-ounce) salmon fillets, skin on (about 1 inch thick)
- Dill sprigs (optional)
- Lemon wedges (optional)

To prepare sauce, combine the first 5 ingredients in a small bowl, stirring well. Cover and chill 2 hours.

To prepare salmon, heat white wine, 2 cups water, fresh lemon juice, sliced onion, and 2 dill sprigs in a large skillet to 150°. Cover and simmer 10 minutes. Add fish to wine mixture; cook at 150° for 12 minutes or until desired degree of doneness. Transfer to a serving platter with a slotted spoon. Serve with sauce. Garnish with dill sprigs and lemon wedges, if desired.