

## WHEATBERRY, ORANGE, AND BEAN SALAD

Yield 24

Orange or Tangerine	12 each
Orange Juice	1 qt
Wheat Berries, cooked	12 cup
Cider Vinegar	3 TBSP
Cannelloni, cooked or canned	1 ¼ cups
Prepared Spicy Brown Mustard	TT
Red beans	12 cups, drained and rinsed
Soy Sauce	12 TBSP
Jicama	12 cups, diced
Salt	to taste
Green bell peppers, chopped	6 cups
Pepper	1 tsp.
Scallion, sliced	4 cups
Cilantro, chopped (or parsley)	4 cups

### Method

1. Using a sharp knife, remove the peel and pith from the orange. Segment and set aside.
2. In a large bowl, combine the wheat berries, cannelloni, jicama, bell pepper, scallion, and coriander.
3. In a small bowl, combine the remaining ingredients. Pour over the salad and toss to combine.

## AFRICAN SPICED BROCCOLI AND CAULIFLOWER SALAD

Serves 24, ½ cup portions

Broccoli Flowerets, cooked al dente	9 cups or 1 pound
Cauliflower Flowerets, cooked al dente	9 cups or 2 pounds
Carrots, diagonally sliced in ¼ inch slices, cooked al dente	6 cups or 2 pounds
Ground Ginger	1 TBSP
Ground Cumin	1 TBSP
Ground Coriander	1 ½ tsp
Ground Nutmeg	1 ½ tsp
Crushed Red Pepper	1 ½ tsp
Sour Cream	2 cups
Cider Vinegar	½ cup
Honey	2 TBSP
Salt	1 ½ tsp

Scallions, diagonally sliced, 1/8 inch slices 8 each

Method:

1. Roast spices in a dry sauté pan until lightly browned and fragrant.
2. Combine spices, sour cream, vinegar, honey and salt; stir well in large bowl.
3. Add broccoli, carrots and cauliflower; toss to mix well. Garnish with sliced scallions.