



BREW CREW CAPRESE

Learn-Earn-Grow
Milwaukee



**RECIPE BY LEARN EARN GROW YOUTH
CHEF COACH: SETH VANDERLAAN,
DELAWARE NORTH AT MILLER PARK**

Makes 6 (1-cup) servings + 1 cup dressing

SALAD INGREDIENTS

- 1 cup uncooked wheat berries
- 1 cup chopped zucchini
- 1 cup chopped yellow squash
- 1 cup halved cherry tomatoes
- 8 ounces chopped fresh Mozzarella or pearl-sized Mozzarella balls
- ½ cup chopped Italian parsley
- 6 cups mixed salad greens
- 1 cup shredded fresh basil
- ½ cup balsamic vinegar syrup or glaze

DRESSING INGREDIENTS

- ½ cup extra-virgin olive or canola oil
- ¼ cup fresh lemon juice
- ¼ cup orange juice
- 1 tablespoon honey
- 1 teaspoon Dijon mustard
- 1/8 teaspoon salt

DIRECTIONS

1. Cook wheat berries according to package directions. Remove from heat; let cool.
2. Meanwhile, mix all the remaining salad ingredients in a large bowl. Stir in cooked wheat berries.
3. To make the dressing, whisk together the oil, lemon and orange juices, honey, mustard and salt.
4. Stir the dressing into the salad mixture; toss until well coated. Place salad greens on plates. Spoon salad mixture on top; drizzle with remaining dressing, garnish with basil; drizzle with balsamic syrup.