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BALANCED CHOICES
for a healthy lifestyle

Prescription for Nutrition - Recipes

FALL WHEATBERRY SALAD – Serves 8

Ingredients:

4 cups water
3/4 teaspoon salt
1 cup wheat berries
2 tablespoons almonds or walnuts, toasted and chopped
1 Gala or McIntosh apple
1 ripe pear
1/4 cup dried cherries or cranberries
1/4 cup golden raisins
3 tablespoons seasoned rice vinegar
3 tablespoons fresh orange juice
3/4 teaspoon freshly grated orange zest

Preparation: In a saucepan bring water and salt to a boil and add wheat berries. Simmer wheat berries, covered, 1 1/2 hours, or until tender. Drain wheat berries in a colander and cool to room temperature.

Cut apples and pears into 1/2-inch chunks and in a large bowl toss with wheat berries and all remaining ingredients; season with salt and pepper.

ARTICHOKE, FENNEL, AND EDAMAME SALAD – Serves 8

Ingredients:

4 tablespoons fresh lemon juice, divided
1.5 pounds baby artichokes or 16 oz. can artichokes, drained
Nonstick vegetable oil spray
3 tablespoons olive oil, plus 1/4 cup
2 tablespoons chopped shallots
1/2 teaspoon grated lemon peel
1 medium fennel bulbs, trimmed (fronds reserved), quartered, thinly sliced crosswise (about 4 cups)
1/4 cup chopped fresh Italian parsley
2 1/2 cups cooked shelled edamame

Preparation:

Preheat oven to 400°F. Fill medium bowl with cold water. Add 1 tablespoon lemon juice. Working with 1 artichoke at a time, pull off tough outer leaves (about 3 rows). Cut tip and stem off artichoke. Cut artichoke in half. Scoop out any choke. Place in lemon water (If using canned artichokes skip this step). Spray large rimmed baking sheet with nonstick spray. Drain artichokes; pat dry. Return to bowl. Add 3 tablespoons oil and toss. Transfer to prepared sheet; sprinkle with salt and pepper. Roast until tender when pierced, stirring once, about 20 minutes. Cool on sheet. Whisk 3 tablespoons lemon juice, 1/4 cup oil, shallots, and lemon peel in large bowl. Stir in sliced fennel, parsley, artichokes, and edamame. Season with salt and pepper.

Adapted from Bon Appetit, June 2004