**Wheat Berry Salad**

Wheat berries are whole unprocessed wheat kernels. They require an extended period of cooking to tenderize the grain, so use that time to cook your squash.

Yield: 4 servings (serving size: 1 stuffed squash half)

Ingredients

\* 1 tablespoon vegetable oil

\* 1 1/2 cups finely chopped onion

\* 1 cup uncooked wheat berries

\* 1/2 teaspoon mustard seeds

\* 1/4 cup chopped dry-roasted cashews

\* 1 tablespoon grated peeled fresh ginger

\* 1 jalapeño pepper, seeded and minced

\* 2 cups water

\* 1/4 teaspoon salt

\* 1 (14 1/2-ounce) can vegetable broth

\* 2 tablespoons minced fresh cilantro

\* 1 tablespoon fresh lemon juice

\* 2 squash (about 1 pound each)

\* 1 tablespoon maple syrup

\* 1/8 teaspoon ground cinnamon

\* Cooking spray

\* Cilantro sprigs (optional)

Preparation

Preheat oven to 350°.

Heat oil in a medium saucepan over medium-high heat. Add onion, wheat berries, and mustard seeds; sauté 3 minutes or until onion is tender. Add nuts, ginger, and jalapeño; sauté 1 minute. Add water, salt, and broth; bring to a boil. Cover, reduce heat, and simmer 2 hours or until tender. Stir in minced cilantro and juice. Remove from heat; keep warm.

While wheat mixture cooks, prepare squash. Cut squash lengthwise in half; discard seeds. Combine syrup and cinnamon; brush over squash. Place squash halves, cut sides down, on a baking sheet coated with cooking spray. Bake at 350° for 40 minutes or until tender. Divide the wheat mixture evenly among squash halves. Garnish with cilantro sprigs, if desired.

Poached Egg Salad

5 thin prosciutto slices

3 tbsp. olive oil

5 tsp. balsamic vinegar, use white if available

1 tbsp. dijon

10 cups torn frisee lettuce or salad greens of your choosing

1 ¼ c. edamame, 8 ounces

8 radishes, thinly sliced

½ red onion, small dice cut

4 large eggs

1 tsp. kosher salt

pinch of black pepper

Optional: add potatoes (first boil, then cool) or blanched green beans for a heartier meal.

Preheat oven to 400 degrees. Lay the prosciutto slices on a baking sheet and bake until crisp, about 10 minutes. Allow to cool and coarsely crumble.

Meanwhile, add oil, dijon and vinegar in a small jar and shake until emulsified, mixed. Season with salt and pepper. Toss with the greens, edamame, radish and onion.

Poaching the egg: Fill a large pot with enough water to reach depth of 3 inches. Add coarse salt and a tablespoon of vinegar; bring to a simmer. Crack 1 egg into the pan gently. Cook just until whites are set, about 3-5 minutes depending on desired runniness of the yolk. Remove with a slotted spoon onto a paper towel and proceed with the remaining eggs.