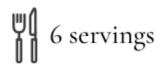
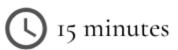
## Rye Berries with Mushrooms and Rosemary

## **INGREDIENTS**

- 1 cup uncooked rye berries or wheat berries
- 4 tablespoons olive oil
- 1/2 cup diced onion or shallot
- 2 cloves garlic, minced
- 2 tablespoons fresh rosemary, minced
- 5 cups mushrooms, any type, rough chop
- 3 tablespoons balsamic vinegar
- ¼ cup blue cheese crumbles or shaved parmesan
- ¼ teaspoon salt
- ¼ teaspoon black pepper







## DIRECTIONS

- 1. Place 1 cup of rye berries in a large saucepan; add enough water to cover by 2 inches. Bring to a boil, cover, reduce heat to a simmer, and cook until tender (15–20 minutes). Drain excess water, and add a large bowl.
- 2. Meanwhile, In a sauté pan, heat 2 tablespoons of olive oil until shimmering. Add onions or shallots and sauté until translucent, 3-5 minutes.
- 3. Next, stir in the mushrooms, garlic, and rosemary. Cook for 5-7 minutes until the mushrooms are soft. Combine and cook for 1 minute
- 4. Add the mushroom mixture to the rye berries and combine.
- 5.Add the remaining olive oil, balsamic vinegar, blue cheese, salt and pepper. Mix well
- 6. Serve hot, cold, or at room temperature.

