

# 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
- 1/4 cup blue cheese crumbles or shaved parmesan
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper



6 servings



15 minutes



## 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.