

Stir Fry Wheatberries

This is a simple recipe for an Asian inspired stir-fry wheatberries with eggs and Chinese sausage. Just by substituting rice for wheatberries you will have a healthy version of fried rice.



This is a very simple and fast recipe considering that you have cooked wheatberries. The recipe is similar to the Egg Fried Rice with Chinese Sausage...and it is great as a main dish since it contains veggies and protein.

Wheatberries are wheat, I mean the whole wheat kernel except the hull. I personally like to wash and soak the wheatberries before cooking, usually overnight. Wheatberries are chewy and packed with nutrients and dietary fiber, therefore much healthier than plain rice. So if you like wheatberry it is good to cook a big batch and use throughout the week in salad, soup or stir-fry.

Ingredients:

- 1 cup wheatberries
- 3 to 4 cups water
- Pinch salt
- 1 small onion, chopped
- 2 green onions finely chopped
- 3 Chinese sausages sliced
- 2 cups frozen vegetables, boiled and drained
- 2 eggs lightly beaten
- 1 $\frac{1}{2}$ tablespoons oil, preferably vegetable oil
- Salt and pepper to taste



Method:

Wash and soak the wheatberries overnight.

Place the wheatberries into a medium pan and add 3 to 4 cups of water and a pinch of salt. Bring to a boil, reduce heat to a simmer, and cover the pan. Simmer for approximately 30 to 35 minutes and check the texture of the grains. If the grains still hard cook until they reach a chewy texture.

Once the wheatberries reach the desired consistency, drain the berries and transfer to a bowl. At this point you can use the wheatberries by following the recipe or store in the refrigerator for later use.

In a wok heat the $\frac{1}{2}$ tablespoon of oil and add both onions, until slightly brown. Add the sliced sausage and sauté for a couple of minutes. Remove from the wok and set aside.

In the same wok add remaining oil, and the cooked wheatberries under medium heat. Stir fry until the wheatberries are hot. Pour in the beaten egg and gently stir until all the wheat grains are covered with a thin layer of egg.

Add back the sausage mixture and the vegetables. Stir until the wheatberry mixture is well combined with the sausage and vegetables. Add Salt and pepper to taste.

Serve hot.





I hope you enjoy this simple and easy recipe using wheatberries. You might want to check here for more Asian Inspired Recipes.



Did you know that most of the vitamins from the wheatberries are derived from the bran? Wheatberries are a good source of magnesium, potassium, B vitamins and vitamin E.

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