

GREEK YOGURT PARFAITS

(Cooking Light, July 2010)

1 cup uncooked grano (or wheat berries, brown rice or barley)

12 cups water, divided

1/4 cup orange blossom honey (I used local honey)

1/4 tsp. kosher salt

4 cups plain 2% Greek-style yogurt (I strained 6 cups plain yogurt through cheesecloth for an hour or so to thicken it)

2 cups fresh berries (such as blackberries, blueberries, or sliced strawberries)

Soak grano in 6 cups water overnight. Drain. Place in a medium saucepan with remaining 6 cups water over medium-high heat; bring to a boil. Reduce heat, and simmer 20 minutes or until grano is just tender. Drain well. Stir in honey and salt.

Spoon 1/4 cup yogurt into each of 8 parfait glasses. Top yogurt with 3 Tbsp. grano and 2 Tbsp. berries. Repeat layers with the remaining ingredients.

Serves 8.

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