

Creamy Cheesy Wheatberry Broccoli Tuna Casserole

Serves 4

Adapted from Joshua *McFadden's Grains for Every Season*

1 cup uncooked wheatberries
4 cups water
2 cups milk
4 tablespoons unsalted butter
¼ cup all-purpose flour
1 ½ cups grated cheese cheddar, swiss, gruyere (I used equal parts gruyere and cheddar)
1 cup grated Parmesan cheese
1 bunch broccoli. Peel the stalks and cut into florets (2-3 cups)
3 garlic cloves
Two 5.6oz cans oil packed tuna
Salt and pepper to taste

1. Put wheatberries, water, and 1 teaspoon salt in a medium saucepan. Bring to a boil, lower heat, cover and simmer. Cook for about 40 minutes, until there is no crunch. Drain and set aside to cool.
2. Next steam the broccoli; I like it a bit crunchy. Don't overcook it because it will cook again in the casserole.
3. Preheat oven to 400°.
4. Combine the two cheeses in a measuring cup and set aside. Drain the tuna into a small bowl.
5. Now make the cheese sauce. In a medium saucepan over low heat melt the butter, add the flour, and whisk until smooth. Next add the garlic and cook for a minute. Slowly pour in the milk, whisking out lumps as you go; cook for a minute, and then add 1 cup of the cheese, a couple big pinches of salt and 4 or 5 grinds of black pepper. Stir until melted.
6. Stir in a broccoli, wheatberries and tuna. Pour into a shallow baking dish, top with cheese and bake for 30 minutes or until the top is bubbling and golden.

Adapted from Joshua *McFadden's Grains for Every Season*