

MEDITERRANEAN BARLEY SALAD

SERVINGS

4

INGREDIENTS

1 c. Barley	1 t. red wine vinegar
3 c. vegetable stock	¼ t. coriander
1 cucumber, diced	1 T. Dijon mustard
½ c. walnuts, crushed	1/8 t. salt
2 T. red onion, minced	1 t honey
¼ c. sun dried tomato	1 t. mint, chopped
1 t crushed garlic	1 t. parsley, chopped
1 T. lemon juice	4 oz. spring greens
1 T. lemon zest	¼ c. feta cheese
2 T. canola oil	

INSTRUCTIONS

1. Bring vegetable stock to a boil.
 2. Add barley and cook until al dente. Will take about 30 to 45 minutes.
 3. Strain, pour on flat sheet pan. Allow to cool.
 4. Combine cucumber, walnut, sauteed shallots, sundried tomato, garlic cloves. lemon and parsley in a bowl.
 5. In a separate bowl, combine oil and vinegar, coriander, mustard seed, salt and honey.
 6. Whisk together.
 7. Then, combine barley, vegetable mixture and vinaigrette. Toss gently to combine
 8. Then toss with mixed greens and garnish with feta cheese.
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