

Pearl Barley Salad

Serves: 4

Prep time: 10 minutes

Cook time: 5 minutes



1 serve per portion

Ingredients

¼ cup slivered almonds *OR* sunflower seeds

3 cups mixed salad vegetables (e.g. sliced red onion, halved cherry tomatoes, chopped tomatoes, sliced cucumber, sliced celery, tinned corn, grated carrot)

1 ½ cups cooked pearl barley

1 cup baby spinach

Dressing:

2 tablespoons white wine vinegar

1 tablespoon vegetable oil

½ teaspoon cracked black pepper

Method

TOAST almonds or sunflower seeds in a fry pan over medium-low heat, stirring constantly until toasted (approx. 2-3 minutes). Set aside to cool.

ADD salad ingredients and cooked barley to a large bowl and mix well.

ADD dressing ingredients to a small jar with a lid and shake until combined. Pour dressing over salad and mix gently.

ARRANGE baby spinach on a large plate or platter and top with salad and toasted nuts.

SERVE with a lean protein of your choice.

Variations:

- *Greek-style: omit toasted nuts and corn and mix through approx. 100g of reduced fat feta, cut into cubes or crumbled and a few kalamata olives*
- *Vegetarian protein option: serve with grilled haloumi cheese*
- *Vegan protein option: serve with fried tofu slices*



Everyday Food

Recipe courtesy Jennifer Gleeson, Tewantin-Noosa Branch