

JEWELED BARLEY SALAD WITH BALSAMIC VINAIGRETTE

Yields: 8 side dish servings, 3-4 entree salads

Inspired & Adapted from: Betty Halloway at [Nutrithoria](#)

ingredients

Barley:

- 1 cup pearly barley, dry (or, 3 cups cooked)*
- 3 cups salted water

Dressing:

- 2 tablespoons extra virgin olive oil (high-quality**)
- 1 ½ tablespoons balsamic vinegar (high-quality**)
- 1 teaspoon dijon mustard
- 1 clove garlic, minced
- 1 teaspoon agave or honey
- Salt and black pepper, to taste

Salad:

- ½ cup slivered almonds
- ¼ small red onion, finely diced***
- ½ cup dried raisins or dried cherries
- 1 cup raspberries, blueberries, sliced strawberries
or ½ cup pomegranate seeds
- 1 apple such as Gala or Honeycrisp, finely diced
- 2-3 cups baby spinach or spring mix salad greens

directions

Bring three cups salted water or broth to a boil. Add one cup dry barley; reduce to simmer, cover and cook for 60 minutes. Drain & cool.

In a small bowl, combine olive oil, balsamic vinegar, mustard, garlic, agave/honey, and salt & pepper (to taste). Mix well.

Pour half of the dressing over the warm barley and let it stand while the rest of barley cools and you prepare the remaining ingredients.

Prepare the onion and fruit. Add the onion, dried fruit, almonds, and apple to the grain mixture. Mix in greens when you are ready to serve. When ready to serve, drizzle the remaining dressing, if desired.

*To save time, you may also use 10-Minute or Instant Barley. You can find something like this at Trader Joe's.

** We prefer high-quality oils and vinegar from specialty oilery stores, i.e. Oliva Di Vita, Oro Di Oliva, etc.

***To take away the bite of red onion, soak the diced red onion in ice water for 10-15 minutes. Stir 1-2x.

