



FAST, EASY, FRESH
BRIGHTEN UP



A LIGHT TOUCH

Toss cauliflower with lemon and herbs for a fresh finish.



Warm Cauliflower and Herbed Barley Salad

ACTIVE 25 MINUTES TOTAL 35 MINUTES

4 SERVINGS *We're seeing gigante beans everywhere. They're creamy and buttery, and their size adds a dramatic look.*

- $\frac{1}{2}$ cup pearled barley
- Kosher salt
- 1 Tbsp. finely grated lemon zest
- 3 Tbsp. fresh lemon juice
- 1 Tbsp. mayonnaise
- 1 tsp. Dijon-mustard
- 6 Tbsp. olive oil, divided
- Freshly ground black pepper
- 1 head cauliflower, cut into florets
- 1 15-oz. can gigante, corona, or butter beans, rinsed
- $\frac{1}{2}$ cup flat-leaf parsley leaves, divided
- 2 Tbsp. fresh tarragon leaves, divided

Place barley in a large saucepan; add water to cover by 2". Season with salt. Bring to a boil and cook until tender, 25–30 minutes. Drain; run under cold water. Set aside.

Meanwhile, whisk lemon juice, mayonnaise, Dijon mustard, and 5 Tbsp. oil in a medium bowl until emulsified. Season dressing with salt and pepper; set aside.

Heat remaining 1 Tbsp. oil in a large skillet over medium heat. Add cauliflower; cook, turning occasionally, until browned in spots, 10–12 minutes. Add 2 Tbsp. water, cover, and cook until just tender, about 2 minutes longer. Season with salt and pepper.

Transfer cauliflower to a large bowl; add beans, $\frac{1}{4}$ cup parsley, 1 Tbsp. tarragon, reserved barley, and half of reserved dressing. Toss to coat; season with salt and pepper.

Divide salad among bowls; drizzle remaining dressing over. Garnish with lemon zest, $\frac{1}{4}$ cup parsley, and 1 Tbsp. tarragon.

CALORIES 420 FAT 25 G FIBER 11 G

Pan-Roasted Salmon with Collards and Radish Raita

ACTIVE 30 MINUTES TOTAL 45 MINUTES

4 SERVINGS *Serve the salmon with raita, which gets a peppery twist from the addition of grated daikon radish.*

- 4 oz. daikon (Japanese white radish) or white turnip, peeled, shredded (about $\frac{1}{2}$ cup)
- $\frac{1}{4}$ English hothouse cucumber, grated (about $\frac{1}{2}$ cup)
- 1 cup plain 2% fat Greek yogurt