

Barley Salad Recipe

Ingredients

- 1/2 cup pearl barley
- 1.2 cup black barley
- 1/3 cup olive oil
- 3 cloves garlic, crushed and peeled
- 2 tablespoons pine nuts
- 1 tablespoon chopped jalapeno chili
- 2 cups baby spinach, roughly chopped
- 1 tablespoon za'atar
- 2 tomatoes, chopped
- 1 cup scallions, chopped, white and light green parts
- Juice of 2 limes
- 2 tablespoons chopped parsley
- 1 cup feta cheese, diced
- 1 cup cucumber, finely diced
- 1 red onion, diced
- 3 tablespoons red wine vinegar
- 2 tablespoons pitted kalamata olives, chopped
- 2 tablespoons mint, chopped
- Salt and freshly ground black pepper

Directions

1. Rinse the pearl barley and black barley in two separate strainers under cold running water for 5 minutes. Pat dry and keep separate. Fill two separate pots with 1 quart salted water. Add the black barley to one and cook for 1 hour and 15 minutes. Add the pear barley to the other and cook for 45 minutes, or according to directions on the package. Strain each and set aside. 2. Heat 2 tablespoons of the olive oil in a large saute pan over medium heat. Add the garlic, pine nuts, and jalapeno and saute until fragrant, about 3 minutes. Add the spinach and za'atar and cook until the spinach has wilted, 3 to 4 minutes. 3. Combine the remaining olive oil, the pearl barley, black barley, spinach mixture, tomatoes, scallions, lime juice, parsley, feta, cucumber, onion, vinegar, olives, and mint in a large bowl. Season with salt and pepper.