

# 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 pearl 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.