



Mediterranean Barley Salad (HS)

Serving: 1

Veg

Ingredients

- -Barley (raw) - 3 tbsp
- -Vegetable broth/plain water - 1 cup
- -Chopped olives - $\frac{1}{4}$ th cup
- -Tomato, diced - 1
- -Cucumber, diced - $\frac{1}{2}$
- -Chopped flat-leaf parsley - 1 tsp
- -Oil - $\frac{1}{2}$ tsp

Preparation Method

- - Bring broth to a boil in a medium saucepan.
- - Add the barley, oil, and salt. Bring back to a boil, adjust heat to maintain a gentle simmer, cover and cook until tender, about 15 minutes.
- -Remove from the heat and let stand, covered, for 5 minutes more. Drain excess liquid, if needed. Cool.
- -Meanwhile, whisk the lemon juice, salt, and pepper in a large serving bowl.
- -Gradually whisk in the oil, starting with a few drops and then adding the rest in a steady stream, to make a smooth dressing.
- -Add the barley and the remaining salad ingredients and toss to coat with the dressing. Serve.