

Barley salad with vegetables



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\$3.40 per serving



Ready in 45 minutes



1 likes



Spoonacular Score: 86%

The recipe Barley salad with vegetables can be made **in around 45 minutes**. For **\$3.4 per serving**, you get a hor d'oeuvre that serves 1. One serving contains **347 calories**, **9g of protein**, and **16g of fat**. Head to the store and pick up salt, courgette, extra virgin olive oil, and a few other things to make it today. Only a few people made this recipe, and 1 would say it hit the spot. It is brought to you by Foodista. It is a good option if you're following a **gluten free**, **dairy free**, **paleolithic**, and **lacto ovo vegetarian** diet. With a spoonacular **score of 85%**, this dish is tremendous. If you like this recipe, take a look at these similar recipes: [Boribap \(Rice and Barley with Vegetables\)](#), [Toasted Barley with Mixed Vegetables](#), and [On summer salads and barley with vegetables](#).

Salad works really well with Chardonnay, Sauvignon Blanc, and Gruener Veltliner. Sauvignon Blanc and Gruener Veltliner both have herby notes that complement salads with enough acid to match tart vinaigrettes, while a Chardonnay can be a good pick for creamy salad dressings. The Poppy Santa Lucia Highlands Chardonnay with a 4.7 out of 5 star rating seems like a good match. It costs about 16 dollars per bottle.

Poppy Santa Lucia Highlands Chardonnay



Youthful notes of lemon and honeysuckle are layered over ripe melon, nutmeg, and clove. The perception of sweetness is derived from fruit ripeness, aging on regularly stirred yeast lees in the presence of aged French Oak.

» [Get this wine on Wine.com](#)

Ingredients

grid

list

Servings:

metric

US



aubergine



courgette



extra virgin olive oil



onion



red bell pepper



salt

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Equipment

grid

list



frying pan

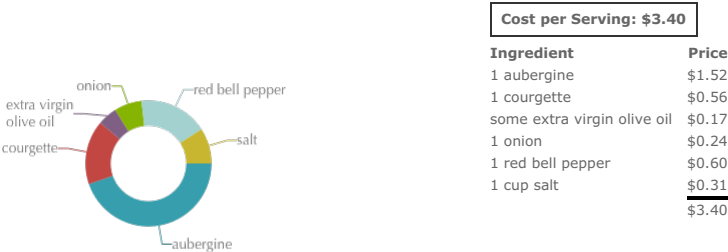
Instructions

- 1 Simply wash the vegetables and cut them in small chunks.
- 2 In a large pan cook them with some extra virgin olive oil until tender.
- 3 Season with salt and if you like with ground pepper.

- 4
- Cook the barley in salted boiling water for 10 mins. Let it cool down with some cold water and then toss with the vegetables.
- 5
- A perfect summer dish with lots of veggie. You can enjoy this meal hot or cold as you prefer

Read the detailed instructions on [Foodista.com - The Cooking Encyclopedia Everyone Can Edit](#)

Price Breakdown



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Nutritional Information

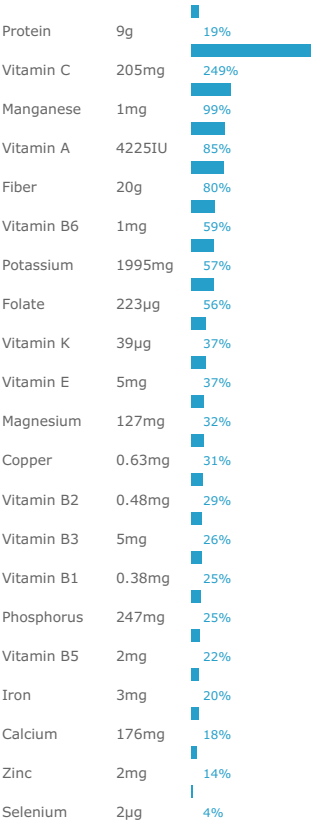
Quickview

352k Calories	9g Protein	15g Total Fat	50g Carbs	59% Health Score
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Limit These



Get Enough Of These



covered percent of daily need

Related Recipes





Black-Eye Pea And Barley Salad



Lentil Salad With Vegetables



Orzo Salad w/ Vegetables + Herbs



Quinoa Salad w/ Vegetables + Cucumber



Couscous Salad w/ Roasted Vegetables



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