

Barley Salad

shopping list

4 bags of pearl barley

3 bunches of parsley, chopped

16 peppers - red and yellow if possible, diced

8 bunches of scallions (can substitute or add some onions), sliced

almonds - whole, not roasted about 2 cups

Optional

zucchini if you want, raw, quartered lengthwise and very thinly sliced

currants, 2 cups (more or less to taste) - really nice addition.

Dressing:

almond oil

balsamic vinegar

sugar or honey to taste

salt

Directions:

- 1) follow the instructions on the bag to cook the barley. Make sure it's thoroughly cooked but not over cooked. It will be somewhat chewy but it shouldn't be too firm.
- 2) add all of the vegetables, parsley, almonds and currants, if you're using them
- 3) make the dressing. Barley soaks up dressing so make more than you think you need and then add it to taste. Use slightly more almond oil than balsamic vinegar. I'd probably start with a cup of the oil and 3/4 cup (or even a little bit more) of the vinegar and then add some salt and the sugar or honey to taste. The dressing should be slightly sweet with only a hint of vinegar tang.
- 4) This can be made way ahead and put in the fridge. It is good to eat for at least 4-5 days.

And there should be a pretty even balance of vegetables to barley. If you have too much either way it isn't as good.