



BARLEY TABOULEH

Serves 4-6

Mint, lemon and parsley are all highlighted in Tabouleh, a fresh barley salad.

Ingredients:

1 cup whole barley
2 cups chopped tomatoes
2/3 cup finely chopped scallion, green and white part
1 cup finely chopped parsley
1/2 cup finely chopped mint
1 Tbsp. grated lemon zest
3 Tbsp. freshly squeezed lemon juice
1/4 cup extra virgin olive oil
Sea salt, to taste
Ground pepper, to taste

Procedure:

Bring 2 1/2 cups of water to a boil in a heavy saucepan. Stir in barley and bring back to a boil. Reduce heat, cover and simmer over low heat until tender, about 1 hour. Rinse with cool water, drain and set aside. In a large bowl, combine tomatoes, scallion, parsley, mint and lemon zest. Toss in well-drained barley.

Whisk lemon juice with olive oil and season with salt and pepper. Drizzle over salad and toss to combine.

