



Barley salad

This salad combines the fresh tastes of summer, contains no animal fat, and includes nutrient rich green leafy vegetables, in the form of herbs.

⌚ Prep time 30 mins 🍴 Serves 4-6

Ingredients

- 2 cups barley
- 4 cups water
- 1 corn cob
- 1 large carrot, julienned
- 1 handful snow peas
- 1 red capsicum, diced finely
- 1 red onion, diced finely
- 1 bunch fresh mint, finely chopped
- 1 bunch flat leaf parsley, finely chopped
- ½ cup almonds, roughly chopped

Dressing

- Juice ½ large lemon
- 3-4 dessert spoons of tamari (wheat free soy sauce) depending on how salty you like your food
- 3 dessert spoons extra virgin olive oil

Method

Place barley and water in saucepan, bring to the boil, reduce heat and simmer with lid on for 20-25 minutes until the water has absorbed. Leave to sit in pot with lid on for a further 5 minutes.

Chop the capsicum, red onion and herbs and place in a large salad bowl. Steam the cob of corn. Allow to cool slightly before using a knife to remove the corn kernels from the cob. Steam the carrot and add the snow peas after a few minutes (vegetables should be cooked but still crisp). Add the cooked vegetables and chopped almonds to the salad.

Combine the dressing ingredients in a screw-top jar and shake with lid on to combine. Add the cooked barley to the salad bowl while still hot. Add the dressing and stir well to combine the flavours. This salad keeps well in the fridge and tastes even better the next day.

Serve on its own or with feta, chicken, fish or marinated tofu.



Nutritional information

Researchers from the University of Toronto developed a cholesterol-lowering diet called the 'Portfolio Diet' that was able to reduce cholesterol levels just as effectively as low dose statin drugs. One of the four components of this diet was eating more soluble, viscous fibre – particularly oats, psyllium and barley. Another recommendation was to eat 30g of almonds per day.

This salad combines the fresh tastes of summer, contains no animal fat, and incorporates a variety of vegetables including the nutrient rich green leafy vegetables, in the form of herbs. The lemon juice in the dressing allows the iron from leafy vegetables, such as parsley, to be better absorbed. The barley and almonds make up a complete protein, but if you like, you could add cooked Puy lentils for a vegetarian variation. This recipe works well for lunches, served with canned fish or tofu. For a gluten-free option, use brown rice instead of barley.

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