
Asian Barley Salad with Ginger-Scallion Dressing

Description

Chef's Note: My mother always made beef barley soup, I always loved the texture of this grain so I created this recipe as a delicious light salad with a local twist.

Total time: 45 min Yield: 8 to 10 servings

Ingredients

2 cup barley (uncooked)
1/4 cup peanut or canola oil
1/2 cup fresh ginger (minced)
1/2 cup scallions or green onions (fine chopped)
1 Tbsp garlic (minced)
1 tsp salt
1 cup edamame (shelled & thawed)
1 cup cucumber (small dice)
1 cup cherry tomatoes (quartered)
1 cup frozen corn (thawed)
1 cup cilantro (roughly chopped)
2 Tbsp sesame oil
1 lemon (zested and juiced)
salt and pepper (to taste)

Prep Time: 25 min Cooking Time: 20 min Total Time: 45 min

Instructions

Cook barley according to package directions. When barley is tender, rinse and drain well and set aside.

To prepare the ginger scallion dressing—add peanut oil in a sauce pot and heat until smoking hot. Next, add ginger, green onions, garlic, salt and cook for 30 seconds. Remove from heat then set aside.

In a large mixing bowl, add cooked barley, edamame, cucumber, cherry tomatoes, corn, cilantro, sesame oil, lemon zest and juice, ginger scallion dressing and toss together. Season with salt and pepper if needed. Enjoy as a side dish or for a light lunch.

Recipe brought to you by:

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