



## Roasted Barley Salad

Recipe Developed by Gary Giberson CEC

Yield: 12 4oz. portions

### Ingredients:

To roast the barley and onions

1 16 oz. bag of dry pearl barley

3 tablespoons olive oil

1 large red onion, sliced into 1/4" rings

3 1/2 cups vegetable stock or water

To toss with the salad

6 oz. roasted red pepper, diced

1/4 cup parsley, chopped

For the dressing

1/4 cup fresh lemon juice

1/2 cup olive oil

1/4 teaspoon salt

1/4 teaspoon fresh ground black pepper

### Procedure:

1. Toss the barley with 2 tablespoons of olive oil and spread evenly in a roasting pan.
2. Toss onion rings with 1 tablespoon of olive oil and lay rings on a cookie sheet season with salt and pepper.
3. Place barley and onions in 375° oven and roast until barley and onions turn golden brown stirring barley as needed to evenly roast.
4. Add vegetable stock or water to barley, cover with a sheet of aluminum foil and continue to roast until barley absorbs stock approximately 30 minutes.
5. Remove barley and onions from oven and let cool at room temperature.

6. Assemble salad by placing in a large bowl, barley, onions (save a few rings to garnish serving dish), roasted pepper and chopped parsley (also saving a small amount to garnish serving dish)
7. Season with salt and pepper, add olive oil and lemon juice and toss, Place in serving dish and garnish