

Barley Picnic Salad

a recipe from www.maureenabood.com

Totally delicious, and totally healthy, here is a salad you don't have to worry about in the hot summer sun. The quantities can easily be doubled; here I've given half the amount Carolyn Grin typically makes for the 4th of July. The ingredients are fairly flexible too—add some goat or feta cheese, some chopped herbs like basil and parsley, or throw in some carrots or whatever veggies look great at the farmer's market. For the pesto, purchase some for ease, or make a quick batch in the food processor of basil, pine nuts, garlic, olive oil, and parmesan cheese. Serves 15-20.

½ lb. pearled barley (1 ¼ cup uncooked)
1 red, orange, or yellow bell pepper
1 cup finely chopped Vidalia onion
2 cups or 1 can rinsed cooked chickpeas
2 cups or 1 can rinsed cooked black beans
1-2 tablespoons minced garlic
½ cup oil-packed sun dried tomatoes, chopped
1 teaspoon salt
½ teaspoon pepper
¼ cup pesto
½ cup lemon vinaigrette

Cook the barley in a small saucepan. Cover with water, bring to a boil over high heat, then reduce heat and simmer for 25 minutes. Rinse in a colander.

Coarsely chop the pepper into 1-inch pieces. Line a sheet pan with foil and scatter the peppers, skin side up, on the prepared pan. Place under the broiler until the peppers are roasted, charred in places, about 5 minutes.

In a large bowl, combine all of the ingredients and stir well to combine. Refrigerate for at least one hour and up to one day to allow flavors to meld.