



Julie Zyromski

Barley, Arugula and Marinated Vegetables Salad

Portions: 6

Preparation: 25 minutes

Cooking time: 40 minutes

 6



Ingredients

1 cup (250 ml) pearl barley
3 tablespoons (45 ml) extra-virgin olive oil
1 tablespoon (15 ml) balsamic vinegar
1 tablespoon (15 ml) maple syrup
arugula
1 jar 250 ml roasted marinated peppers, drained and sliced
1 jar 250 ml marinated artichokes hearts, drained and sliced
½ cup (135 ml) Kalamata olives, drained and pitted
¼ cup (65 ml) almonds sliced, toasted
Sel et poivre, to taste

Steps

1. In a pot of salted boiling water, cook the barley according to instruction on packaging. Drain and rinse under cold running water.
2. Transfer to a bowl and incorporate the olive oil, balsamic vinegar, maple syrup, salt, and pepper. Do not hesitate to season generously with salt and pepper.
3. Gently fold the arugula and all other ingredients into the barley.
4. Transfer in a large serving platter and eat immediately.

*To toast almonds, preheat the oven to 350°F (180 °C), spread onto a baking sheet in an even layer without overlapping. Bake for about 15 to 25 minutes, stirring halfway through until they are golden brown. Remove from the oven and immediately pour onto a cold baking sheet where they can cool in a single layer to stop cooking. Oven toasted almonds will have a more intense flavour than pan-roasted ones.