

BARLEY AND POMEGRANATE SALAD

Prepared by: Lauren O'Dell Patton, January 2019

Source: Plenty

1 cup pearl barley
6 celery stalks (leaves picked and reserved), cut into small dice
¼ cup olive oil
3 tablespoons sherry vinegar
2 small garlic cloves, crushed
⅔ teaspoons ground allspice
Salt and black pepper
3 tablespoons chopped dill
3 tablespoons chopped parsley
Seeds from 2 large pomegranates

Rinse the barley with cold water, then place in a medium saucepan and cover with plenty of fresh water. Simmer for 30 to 35 minutes, or until tender but still with a bite.

Drain the barley and transfer to a mixing bowl. While it is still hot, add the celery, olive oil, vinegar, garlic, allspice and some salt and pepper. Stir, then leave to cool down completely.

Once cool, add the herbs, celery leaves and pomegranate seeds and mix in. Taste and adjust the seasoning to your liking, then serve.

Lauren's Notes: This was a really nice and simple salad. I used quick barley because I had it on hand and just followed the directions on the packaging.

