

Tomato cucumber and barley salad

Try this combination of tender chewy barley with juicy tomatoes and cucumbers. A hit of acidity with the addition of vinegar adds depth to the tomatoes, and really brings it together.

Yield: 6 servings
Prep time: 5 minutes
Cook time: 35 minutes

Ingredients

- 1 cup pot barley
- 1 cucumber, peeled and chopped (remove seeds)
- 1 small shallot, finely chopped
- 2 tbsp each chopped fresh basil and mint
- 3 tbsp red wine vinegar
- 2 tbsp vegetable or soybean oil
- 1/2 tsp salt
- Pinch fresh ground pepper
- 2 firm ripe tomatoes, chopped

Directions

1. In a pot of boiling water, cook barley for about 35 minutes or until tender but still chewy. Drain and rinse with cold water; set aside.
2. In a large bowl, combine cucumber, onion, basil and mint. Drizzle with vinegar and oil. Season with salt and pepper. Add cooked barley and tomatoes and stir well to combine.

Want some cheese? Sprinkle over some of your favourite feta or goat cheese when serving the salad for added flavour.

#TrainWithGrainsTip:
Cover and refrigerate for up to 1 day.
Be sure to stir the salad up well
before serving.

