

Barley, Fennel and Beet Salad (“The Splendid Grain” Rebecca Wood)

Wonderful texture, gorgeous color, fabulous flavor, quick and easy to prepare. What more could anyone want from a salad?

Serves 4

1 cup cooked and cooled pearl barley
1 cup diced fennel
2 Tbsp extra virgin olive oil
3 Tbsp fresh lemon juice
sea salt and freshly ground black pepper, to taste
3 Tbsp pinon (pine nuts), toasted
½ cup julienned cooked beets
1 head bibb lettuce

Combine the barley and fennel. Whisk together the olive oil, lemon juice, salt and pepper. Pour over the barley and toss to combine. Let stand at room temp for at least 30 minutes or up to 4 hours. Stir in the pinon.

Separate the lettuce into leaves. Wash and dry well. Place the lettuce on a serving plate. Mound the barley mixture in the center and garnish with beets. Serve immediately.