

#loveCDNrecipes

Preparation: 10 mins
Cooking: 45 mins
Ready in: 55 mins
Serves: 6

Barley Salad with Spinach and Strawberries

Ingredients

Barley Salad

- 1 cup (250 mL) dry pearl or pot barley
- 4 cups (1 L) baby spinach, roughly chopped
- 1 celery stalk, finely chopped
- 2 green onions, finely chopped
- 2 cups (500 mL) strawberries, hulled and halved
- 1/2 cup (125 mL) soft goat cheese
- 1/3 cup (75 ml) chopped pecans, toasted

Vinaigrette

- 1/4 cup (60 mL) canola oil
- 3 Tbsp (45 mL) balsamic vinegar
- 2 Tbsp (30 mL) maple syrup
- 1 tsp (5 mL) grainy mustard
- 1/4 tsp (1 mL) ground black pepper

Directions

1. Bring large saucepan of water to a boil, add barley and cook for 40-45 minutes or until tender. Then drain well, running under cool water to stop grains from cooking, and transfer to wide, shallow serving bowl. Set aside to cool completely.
2. Add spinach, celery and onions to cooled barley and toss gently to combine. Sprinkle with strawberries, goat cheese and pecans.
3. To make vinaigrette: In medium bowl or small jar, whisk or shake together all ingredients. Pour over salad and gently toss to combine. Serve immediately.

Shopping List

Remember to check your pantry and refrigerator before you go shopping!

Pantry Staples

- dry pearl or pot barley
- pecans
- canola oil
- balsamic vinegar
- maple syrup
- grainy mustard

- black pepper

Produce

- 4 cups baby spinach
- 1 celery stalk
- 2 green onions
- 2 cups strawberries

Refrigerator & Freezer

- 1/2 cup soft goat cheese

Notes:

Recipe courtesy Canola Eat Well!

