

Barley-Corn Confetti Salad

A wholesome, easily digested grain with a sweet taste and chewy, substantial texture, barley is an excellent choice for a grain salad.

Rinse and drain barley 3 or 4 times, or until rinse water is almost clear. Bring water and salt to a boil. Add barley and simmer, covered, for 40 minutes, or until it is just tender. Rinse under cold water; drain well. In a medium-sized bowl, toss barley with remaining salad ingredients.

In a small bowl combine the vinegar or lemon juice, miso, and mustard. Add the oil and whisk vigorously until it has emulsified. Drizzle the dressing over the salad, toss and serve.

Preparation List:

Serves 4 to 6

- 1 cup barley
- 6 cups water
- ¼ teaspoon sea salt
- 2 cups cooked fresh corn kernels (cut from 2 to 3 ears)
- ½ cup minced scallion
- 1 red bell pepper, seeded and finely diced
- ½ cup minced parsley

Mustard Vinaigrette:

- 2-3 tablespoons brown rice vinegar or lemon juice (to taste)
- 1 tablespoon white miso
- 1 tablespoon Dijon-style mustard
- 1/3 cup extra virgin olive oil