



Greek Barley Salad

A wonderful alternative to a traditional Greek salad, the addition of barley makes this dish a delicious side, or a hearty main course. This recipe comes courtesy of Wintermar Grains, in West Montrose, Ont., and the Oat & Barley Council of Ontario, proud supporters of Breakfast for Learning.

250 mL (1 cup) pearl barley
750 mL (3 cups) broth (chicken/beef/vegetable)
1 red pepper, diced
1/2 English cucumber, diced
1 greenhouse tomato, diced
125 mL (1/2 cup) black olives, sliced
1/2 small onion, thinly sliced

Dressing

125 mL (1/2 cup) canola oil
45 mL (3 tbsp) lemon juice
1 garlic clove
2 mL (1/2 tsp) dried oregano
125 mL (1/2 cup) feta cheese, crumbled
salt and pepper, to taste

Combine barley and broth in a medium saucepan and bring to a boil. Reduce heat and cover. Let simmer for approximately 25 minutes or until barley is cooked, stirring occasionally. Drain well and chill. Meanwhile, in a large bowl, combine the red pepper, cucumber, tomato, olives and onion. In a separate bowl, whisk together the dressing ingredients, except for the feta cheese, and set aside. When the barley has cooled, add it to the vegetables. Drizzle the dressing over the salad and toss until evenly coated. Sprinkle feta cheese over top. Serve immediately or cover and refrigerate for later use. Serves 6 to 8.