

Kale, Barley and Feta Salad with Honey-Lemon Vinaigrette

Hosted by: Student Health Services Dietician



Ingredients:

- ½ cup uncooked pearl barley {just over 1 cup cooked}
- 4 cups loosely packed kale; washed, stems removed, and cut into small ribbons
- ½ cup crumbled feta
- 1 cup chickpeas
- 1 avocado, cubed {leave out until just before serving}
- 2-3 tablespoons sunflower seeds
- 2 tbsp red onion, finely diced

Vinaigrette

- 2 tbsp olive oil
- 2 tbsp white wine vinegar
- 1 tsp fresh lemon juice
- ½ tsp lemon zest
- 2 tsp honey

1. Directions:

1. Cook pearl barley according to package directions. Set aside to cool.
2. Meanwhile, whisk together the vinaigrette ingredients and toss with the kale. Make sure all of kale gets some vinaigrette on it, this helps to remove some of the bitterness of the kale.
3. Once barley is cool, toss with the kale/vinaigrette and remaining ingredients {however you should leave out the avocado until directly before serving}

