

Citrus & Fennel Grain Salad

Swick

Makes 3 servings | Active Time: 15 minutes | Total Time: 15 minutes

Chef's Notes

Suggested adult serving: 3¾ cups

Store any leftover salad and dressing in separate airtight containers in the refrigerator for up to 3 days.

RECIPE TIPS

Barley: Pearled barley is hulled barley that has been polished, or “pearled”—which means that most of the bran layer has been removed. Pearled barley cooks more quickly than hulled barley, but opt for quick-cooking (parboiled barley) if you’re really short on time.

Fennel Bulb: Fennel is a bulbous vegetable topped with green fronds that resemble dill. The bulb is firm, crunchy, and tastes faintly of licorice. Fennel can be thinly sliced for a salad or halved and grilled until tender.

Toasted Pine Nuts: You can purchase pre-toasted pine nuts, or you can toast them yourself: Simply cook in a dry skillet over medium heat, stirring frequently, until fragrant and lightly browned, about 5 minutes.

Step 1: Prepare Salad Fixings

• FOR THE SALAD

- 1 cup barley rinsed & drained (≈2 1/4 cups cooked)
- 3 1/3 oz baby spinach (≈4 1/2 cups)
- 3/4 fennel bulb cored & thinly sliced (≈2 1/4 cups)
- 7 1/2 oz cherry tomatoes halved (≈1 1/2 cups)
- 3 oranges chopped
- freshly ground black pepper
- sea salt

• FOR THE DRESSING

- 1/2 cup fresh orange juice
- 3 tablespoons white wine vinegar
- 1 tablespoon Dijon mustard
- 3 tablespoons fresh mint chopped
- 3 tablespoons toasted pine nuts

PREPARE GRAINS

Prepare barley according to package instructions. Let cool, then fluff barley with a fork.

MAKE SALAD

In a large bowl, toss spinach, barley, fennel, cherry tomatoes, and oranges.

MAKE DRESSING

In a small bowl, whisk orange juice, white wine vinegar, and Dijon mustard. Stir in mint.

SERVE

Add dressing to salad and toss well to coat. Season with salt and pepper to taste. Sprinkle with pine nuts to serve.