

BARLEY, QUINOA & LENTIL SALAD WITH ORANGE MISO DRESSING

Portion: 2 cups

Yields: 1

Whole grain and vegetable salad layered in a jar



CALORIES: 400

TOTAL FAT (g): 13

SATURATED FAT (g): 1

TOTAL CARB (g): 60

PROTEIN (g): 13

DIETARY FIBER (g): 13

SODIUM (mg): 270

INGREDIENTS:

1/4 cup Red Quinoa, Cooked

1/2 cup Pearl Barley, Cooked

2 Tbsp Red Lentils, Dry

1/4 cup Green Beans, Cut into 2" Pieces

1/4 cup Red Bell Peppers, Diced

1/2 cup English Cucumbers, Diced

2 Tbsp Orange Miso Dressing

Dressing (yields 2 cups)

6 Tbsp Miso Paste, Shiro

3/4 cup Orange Juice

3 Tbsp Ginger Root, Fresh, Grated

1 Tbsp Garlic Cloved, Minced

3/4 cup Rice Wine Vinegar, Unseasoned

3/4 cup Canola Oil

METHOD:

Cook barley and quinoa according to the package directions; overcook the grains slightly so they are still tender when cold. Soak red lentils in cold water for about 15 minutes, they will double in volume. Drain well and set aside. Cook green beans in boiling water for 2 minutes; drain and chill in ice water; drain again and set aside. Whisk together salad dressing ingredients and set aside.

For each salad in a jar arrange ingredients in the following order: 1/2 cup cooked pearl barley, 1/4 cup red quinoa, 1/4 cup green beans, cut into 1/3 and blanched, 1/4 cup red bell peppers, diced, 1/2 cup cucumbers, diced.

Close container. When ready to eat, pour 2 Tbsp of dressing into jar, close lid and shake well.

Eat straight out of jar or pour into a bowl and enjoy.

CHEF'S NOTES:

Mix and match with grains, vegetables and dressings you have on hand. Grating ginger releases more juice and adds more flavor than chopping with a knife.