



# Recipes

## Salads

### **Barley Sun Salad**

*Prep Time: 20 minutes*

*Cook Time: 1 hour*

*Yield: 8 servings*

#### **Ingredients:**

1 cup hulled barley  
2 ¼ cups water  
¼ teaspoon sea salt  
2 bunches arugula  
½ cup sunflower seeds  
1 carrot, chopped  
½ bunch scallions, finely chopped  
2 tablespoons olive oil  
Juice of 1 or 2 lemons

#### **Directions:**

1. Place barley, water and salt in a pot.
2. Bring to a boil; reduce heat to low and simmer, covered for 45 minutes.
3. Wash arugula and chop into small pieces.
4. Place sunflower seeds on a cookie sheet and toast for 5 minutes in a 350-degree oven, being careful not to burn them.
5. When the barley is cooked, transfer to a large mixing bowl, add all ingredients and mix well.
6. Add salt and pepper if desired.