

# Quick Cooking Barley Prairie Salad

with The Jungle Farm Barley + Onion and Beck Farms Bell Peppers



## INGREDIENTS

1 1/4 cup vegetable stock  
1 cup quick cooking barley  
4 green onions, sliced  
1 red bell pepper, diced  
1/3 cup raisins  
1/2 cup toasted cashews, chopped  
1/2 cup sunflower seeds toasted

Dressing  
2 tbsp oil  
1/4 cup light soy sauce  
1/4 cup lemon juice  
1 tsp Dijon mustard  
2 garlic cloves, minced  
salt and pepper to taste

## DIRECTIONS

- Bring vegetable stock to boil in larger sauce pan.
- Add barley and simmer 10 minutes or until tender. Set aside and let cool.
- Add green onions, red pepper and raisins.
- Add dressing and toss to combine.
- Stir in cashews and sunflower seeds.
  
- Dressing - In large bowl, whisk together oil, soy sauce, lemon juice, mustard, garlic and salt and pepper.

May be stored up to 3 days in the refrigerator.