



**Eat Right
Be Fit
Live Well**

Spring Barley Salad

Yield: 6 servings

Ingredients:

3 cups cooked hulled barley (prepared per package instructions and cooled)
1 cup frozen shelled edamame
1 cup fresh green peas
10 asparagus spears, cut into thirds
4 tablespoons lemon juice
3 tablespoons extra virgin olive oil
1 clove garlic, smashed and minced
1/4 teaspoon salt
freshly ground pepper
1/2 cup crumbled feta cheese

Directions:

1. Prepare barley according to package instructions, drain and cool.
2. Bring a large pot of water to a boil, add edamame and boil for three minutes or steam in microwave, per instructions on package.
3. Add the asparagus to the pot, boil for another one and half minutes.
4. Throw in the peas and remove from heat.
5. Drain all the vegetables and run cold water over them to stop the cooking process. This will preserve the beautiful shades of green!
6. In a large bowl, whisk together the olive oil, lemon juice, garlic, salt and pepper.
7. Add the barley, vegetables and feta to the bowl and toss well to combine.
8. Enjoy!

Compliments of Shrinking Kitchen