

Barley Salad with Herbs Barley Salad with Herbs

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Ingredients

1 1/2 cups pearl barley (not quick-cooking)
Coarse salt and freshly ground pepper
2 tablespoons finely chopped shallots (about 1 medium)
1 tablespoon Dijon mustard
1/4 cup extra-virgin olive oil
3/4 cup roughly chopped fresh herbs

Directions

Bring barley and 3 cups water to a boil. Add 1/2 teaspoon salt. Reduce heat, cover, and simmer until barley is tender, about 40 minutes. Drain if necessary.

Meanwhile, place shallot in a large bowl, and whisk in mustard, oil, 3/4 teaspoon salt, and 1/2 teaspoon pepper.

Stir in barley and herbs. Serve warm.