

Broccoli, Apple, and Barley Salad

Servings: 6, as a side dish

Total Time: 20 minutes

Ingredients

1 1/2 pounds/24 ounces/680 g
broccoli florets
1/2 cup/100 g pearled barley
1 medium apple
1/3 cup/46 g smoked almonds
1 small shallot
2 teaspoons Dijon mustard
2 tablespoons olive oil
3 tablespoons apple cider vinegar
1 tablespoon lemon juice
1/4 teaspoon dried thyme
1 tablespoon maple syrup
1 garlic clove, minced/grated
Kosher salt & freshly ground black
pepper, to taste

Directions

Prepare the pearled barley according to the package directions. Mine was a quick-cooking kind so it only took about 5 minutes. If yours isn't quick-cooking, it may take up to 40 minutes, so plan accordingly. After it is cooked, cool the pearl barley before proceeding.

Meanwhile, bring 1-inch of water to a boil in a large pot. Break the broccoli into florets. If your broccoli has a lot of the stalk attached, peel the stalk and slice it into bite-sized pieces. Transfer all of the broccoli to the pot.

Steam the broccoli for 2 minutes; drain. After it has cooled, chop the steamed broccoli into small, bite-sized pieces. Set aside. Mince the apple, almonds, and shallots into small bite-sized pieces.

Whisk the mustard, oil, vinegar, thyme, maple, minced garlic, salt, and pepper in a large serving bowl. Add all of the salad ingredients into the dressing and toss to coat.

Serve either chilled or room temperature.