

# Recipe for:

# KALE, BARLEY & CHICKPEA SALAD

## INGREDIENTS

- 1 cup uncooked pearl barley
- 8 cups kale, large stems removed
- 1/2 t salt 1 (14.5 oz) can chickpeas, drained
- 1/4 c. diced red onion
- 1/4 c almonds, chopped (optional)
- For the dressing
- 2 T extra virgin olive oil
- 2 T tahini
- 1 T lemon juice
- 1 T dijon
- 3 T water
- 1/2 t salt
- 1/8 t black pepper

## DIRECTIONS

1. First, cook the barley. Put 3 cups of water and 1 cup of uncooked pearl barley in a pot and bring to a boil. Turn heat down, cover and let simmer until barley is tender, 25-35 minutes. Cooking times vary. It will be soft but still chewy.
2. While the barley is cooking, prepare the kale. Chop the kale into very fine ribbons, about the size of shredded cheese. Put chopped kale in a large bowl, add 1/2 t salt and massage the kale. Squeeze the kale over and over with your hands. It will go from rough and bright green to soft and a deeper, darker green. Set aside.
3. Now, make the dressing. Put all dressing ingredients in a small bowl and whisk vigorously until smooth.
4. When barley is cooked, drain the barley and rinse it with cold water.
5. Finally, add the barley, chickpeas, red onion, almonds (if using) and dressing to the bowl of prepared kale and stir.

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