

Recipe for:

BARLEY SALAD WITH ROASTED CARROTS, BROCCOLI & AN HERBY YOGURT DRESSING

INGREDIENTS

- 1 cup barley, uncooked
- 6-7 medium sized carrots, trimmed, peeled, and sliced on the diagonal
- 1 bunch broccoli, cut into florets
- 1-2 tablespoons olive oil
- 1/2 teaspoon ground cumin
- Salt and pepper to taste

For the yogurt dressing:

- 1 cup full fat plain yogurt
- 1 cup loosely packed fresh herbs, stems removed (thyme, basil, chives, oregano, dill, etc.)
- Salt and pepper to taste

DIRECTIONS

1. Cook barley according to package. Once finished, set aside to cool. (You can also make a day in advance and store in the refrigerator.)
2. Meanwhile, preheat the oven to 400°F. Arrange broccoli and carrots separately on two baking sheets. Drizzle both with olive oil and season with salt, pepper and cumin. Toss with spatula and spread both into an even layer.
3. Put carrots in first and roast for 25-30 minutes. Put broccoli in for the last 15-20 minutes and roast both until tender and can be pierced easily with a fork.
4. Make the yogurt dressing: Finely chop all herbs. Place the yogurt, herbs, and salt and pepper in a bowl and mix well with a spoon.
5. Combine barley, roasted veggies and yogurt dressing in a large bowl and mix well to evenly coat. Serve and enjoy!

