



Jessie, Scott, Dylan, Stacy and Joey Lundy

Wild Rice and Barley Salad

Patricia Cooper

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| 1 $\frac{3}{4}$ cups fat-free, less-sodium
chicken broth | $\frac{1}{4}$ cup sliced green onions |
| $\frac{1}{2}$ cup uncooked brown and
wild rice mix | 2 Tbsp. red wine vinegar |
| $\frac{1}{2}$ cup uncooked pearl barley | 1 $\frac{1}{2}$ tsp. extra-virgin olive oil |
| $\frac{3}{4}$ cup rinsed and drained
canned chickpeas
(garbanzo beans) | 1 tsp. Dijon mustard |
| $\frac{1}{3}$ cup golden raisins | $\frac{1}{4}$ tsp. salt |
| | $\frac{1}{4}$ tsp. freshly ground black
pepper |
| | 2 Tbsp. chopped fresh basil |
| | 2 Tbsp. slivered almonds,
toasted |

Combine first 3 ingredients in medium saucepan; bring to a boil. Cover, reduce heat, and simmer 40 minutes or until liquid is absorbed. Remove from heat and let stand, covered, 5 minutes. Spoon rice mixture into a medium bowl. Add chickpeas, raisins, and green onions.

Combine vinegar and next 4 ingredients (through pepper) in a small bowl; stir with a whisk. Pour over barley mixture; toss well. Cover; chill 2 hours. Stir in basil and almonds. *Makes 8 servings (serving size: about $\frac{2}{3}$ cup).*