



## Barley & Lentil Salad with Kale, Apples, Almonds, & Feta

Recipe courtesy of [Lentils.ca](http://Lentils.ca). So many nutritious foods in one bowl!

**Makes 14 servings**

**Preparation Time: 15 minutes**

### What you need:

- 2 ½ - 3 cups water
- ½ cup green lentils
- ½ cup pearl or pot barley
- 1 garlic clove, finely grated or crushed
- 2 - 3 cups finely chopped kale or spinach, tough stems discarded
- 1 tart apple, cored and diced
- ½ cup crumbled feta
- ¼ cup finely chopped purple onion



### Vinaigrette:

- 1/3 cup canola oil
- 2 Tbsp lemon juice
- 2 Tbsp white wine or rice vinegar
- 2 tsp grainy mustard
- 1 tsp honey or granulated sugar
- ¼ tsp freshly ground black pepper
- 1/3 cup chopped toasted almonds

### How you prepare:

1. In a large saucepan, combine water, lentils, barley, and garlic. Boil for 20 minutes or until tender. Drain well, discarding the garlic, and set aside to cool completely.
2. In a bowl, combine lentils and barley with kale, apple, feta, and purple onion.
3. To prepare vinaigrette: In a small bowl, whisk together canola oil, lemon juice, vinegar, mustard, honey, salt, and pepper. Pour over the salad and toss to combine. Top with almonds just before serving.

### Per serving:

- Calories 180
- Carbohydrates 21 g
- Protein 6 g
- Fat 8 g
- Dietary Fiber 5 g

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