



Makes 6 cups
Preparation Time: 20 minutes
Cook Time: 55 minutes

INGREDIENTS:

1 cup dry barley
½ cup raw cashews
4 to 5 tablespoons orange juice
1 small clove garlic, minced
½ teaspoon ancho chile powder
¼ teaspoon sea salt
2 cups fresh pineapple
1 cup chopped red bell pepper
⅓ cup sliced scallions
2 tablespoons chopped fresh cilantro or parsley
8 butterhead (Boston or Bibb) lettuce leaves

Fresh Pineapple and Barley Salad

Fresh **pineapple** steals the show in this eye-catching barley salad with tropical flavors. A base of tender butterhead lettuce is piled high with a delicious medley of **barley**, crunchy bell pepper, and aromatic herbs that are tossed with a citrusy and smoky cashew cream sauce. Hearty enough to be a meal on its own, this easy salad stores well in the fridge as long as you separate the lettuce from the barley mixture.

Tip: Look for small, heavy pineapples, which tend to have the best flavor and sweetness.

By Shelli McConnell

- 1** In a medium saucepan combine barley and 3 cups water. Bring to boiling; reduce heat. Cover and simmer 45 to 55 minutes or until tender and liquid is absorbed. Place barley in a fine-mesh sieve; rinse under cold water to cool. Drain well.
- 2** Meanwhile, in a small bowl combine cashews and enough boiling water to cover. Cover and let stand 15 minutes; drain. In a blender or small food processor combine cashews and the next four ingredients (through salt). Cover and blend until creamy.
- 3** In a bowl combine barley, pineapple, bell pepper, scallions, and cilantro. Add cashew cream; toss to coat. Arrange lettuce leaves on plates. Spoon barley mixture on lettuce. If desired, sprinkle with additional fresh cilantro and ancho chile powder.