



Makes 10 cups
Preparation Time: 20 minutes

INGREDIENTS:

- 3 ripe peaches, pitted and chopped
- 3 tablespoons champagne vinegar
- 1 tablespoon chopped fresh chives
- ¼ teaspoon sea salt
- ⅛ teaspoon cayenne pepper
- 1 5-oz. pkg. fresh arugula, torn
- 3 cups coarsely chopped honeydew melon
- 2 cups cold cooked barley
- 2 cups cold cooked French green lentils
- 4 green or yellow kiwifruit, peeled and chopped
- ½ cup slivered sweet onion
- ¼ cup toasted slivered almonds

Honeydew, Peach, and Barley Salad

This sunny summer salad recipe makes plenty to share and is perfect to take to a picnic. Fresh peach, tangy kiwifruit, and sweet honeydew melon add juiciness to every bite and pair well with chewy barley and earthy French green lentils. Arugula is a nice choice of greens here, as it adds a mild peppery flavor, but feel free to use mixed salad greens, baby spinach, or even thinly sliced romaine lettuce if that's more convenient. A drizzle of tangy peach dressing and a few slivered almonds tie it together, adding rich flavor to every forkful.

Tips

Prep: This recipe calls for cooked and cooled barley and French green lentils, so be sure to prep them beforehand. If you're cooking them the same day as you make this salad, allow an extra 90 minutes for cooking and cooling time. Then, when you're ready to assemble, the salad takes just 20 minutes!

For more inspiration, check out these tasty ideas:

- [Rainbow Veggie Barley Bowl](#)
- [Fresh Pineapple and Barley Salad](#)
- [Chopped Barley Salad with Pears](#)
- [Gyro-Style Mushroom Steaks with Barley Salad](#)

By Shelli McConnell

- 1 For dressing, in a blender or small food processor combine one of the peaches, the vinegar, chives, salt, cayenne, and 2 to 3 tablespoon water. Cover and blend until smooth.
- 2 In a large bowl combine the remaining two peaches and the next six ingredients (through onion). Add dressing; toss to coat. Top with almonds.