

# French Lentil and Barley Harvest Salad

Culinary Medicine, Nutrition Services

Serves: 6, Serving Size: 1 cup

Equipment: cutting board, knife, large bowl, spoon

## Ingredients

1 lemon, juiced	1 pear, diced
3 tablespoons extra virgin olive oil	1/2 cup red onion, minced
2 tablespoons apple cider vinegar	1/4 cup celery, minced
3 tablespoons fresh herbs, chopped	1/4 cup toasted pumpkin seeds (pepitas)
2 cups cooked French lentils	To taste, salt and pepper
2 cups cooked barley	
1 cup cooked butternut squash, diced	
1 cup kale, sliced thin	

## Instructions

1. In a large bowl, place lemon juice, extra virgin olive oil, cider vinegar and herbs and whisk until well incorporated.
2. Add the rest of the ingredients into the bowl and mix well. Garnish with toasted pepitas and serve.
3. This can be served cold or heated up as a side.
4. Enjoy!



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## Why We Like This Recipe

This tasty grain-based salad uses late-summer and early-autumn Vermont produce, but it is a highly modifiable recipe. You can mix and match different fruits and veggie combos to keep this salad fresh and seasonal.

### Chef's Notes:

- To cook the lentils use 1 cup lentils to 4 cups water, simmer until soft, then drain and rinse with cold water.
- To cook the barley use 1 cup barley to 4 cups water, simmer until soft, then drain and rinse with cold water.

### Nutrition Notes:

- Lentils combined with barley provides a complete essential amino acid profile making them wonderful complementary protein sources to pair in a dish.

### Gardener's Notes:

- *Hordeum vulgare* L. (Barley) is a member of the grass family with edible grains. It grows 2'-4' tall and each barley spike is made up of 20-60 grains.



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