

Beet, Mandarin Orange, Kumquat and Toasted Barley Salad

Yield: 8 servings

Ingredients

Dressing:

½ cup green onion, finely chopped
 1 tablespoon mandarin orange rind, grated
 2 teaspoons lemon rind, grated
 2 tablespoons cilantro, finely chopped
 ½ teaspoon kosher salt
 ½ teaspoon coriander seed, ground
 ½ teaspoon cumin seed, ground
 ½ teaspoon paprika
 ⅓ cup olive oil

Salad:

2 cups barley, uncooked
 10 cups water
 2 teaspoons sesame oil
 1 teaspoon kosher salt, divided
 2 cups mandarin orange sections, chopped
 2 cups avocado, diced
 12 whole kumquats, seeded and sliced
 4 cups beets, cooked and cut into wedges

Instructions

1. Heat sesame oil for salad in a saucepan over medium-high heat. Add barley to pan; cook 3 minutes or until lightly toasted, stirring frequently. Add water and ½ teaspoon salt; bring to a boil. Reduce heat, and simmer 45 minutes or until barley is tender. Drain barley; cool completely. Place barley in a large mixing bowl.
2. In a medium bowl, whisk together the first eight dressing ingredients (through paprika). Gradually add oil for dressing, stirring constantly with a whisk. Set aside.
3. Add remaining ½ teaspoon salt, orange, avocado, kumquats and dressing; toss gently to coat salad.
4. Spoon 1 cup salad onto each plate; top each serving with about ½ cup beets.

Nutrition Information

Serving Size: 1 cup salad/ ½ cup beets

Calories: 332
 Total Fat: 11.9 g
 Saturated Fat: 1.8 g
 Monounsaturated Fat: 0.0 g
 Sodium: 437.7 mg
 Total Carbohydrate: 52.1 g
 Dietary Fiber: 12.4 g
 Sugars, other: 14.0 g
 Protein: 8.2 g

Source: Spectrum Health Culinary Medicine & GRCC SICE



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