



## Barley, Quinoa and Sprouted Lentil Salad with Orange Miso Dressing

*Whole grain and vegetable salad layered in a jar*

Serves 1 • Portion size 2 cups

1/4 cup Red Quinoa, Cooked	6 tbsp Miso Paste, Shiro
1/2 cup Pearl Barley, Cooked	3/4 cup Orange Juice
2 tbsp Red Lentils, Dry	3 tbsp Ginger Root, Fresh, Grated
1/4 cup Green Beans, cut into 2" pieces	1 tbsp Garlic Cloves, Minced
1/4 cup Red Bell Peppers, Diced	3/4 cup Rice Wine Vinegar, Unseasoned
1/2 cup English Cucumbers, Diced	3/4 cup Canola Oil
2 tbsp Orange Miso Dressing (recipe)	

Cook barley and quinoa package directions; overcook the grains slightly so it is tender when cold. Soak red lentils in cold water for about 15 minutes, they will double in volume. Drain well and set aside. Cook green beans in boiling water for 2 minutes; drain and chill in ice water; drain again and set aside. Whisk together salad dressing ingredients and set aside.

For each salad in a jar arrange ingredients in the following order:

- 1/2 cup cooked pearl barley
- 1/4 cup red quinoa
- 1/4 cup green beans, cut into 1/3rd and blanched
- 1/4 cup red bell peppers, diced
- 1/2 cup cucumbers diced

Close container. When ready to eat, pour 2 tbsp of dressing into jar, close lid and shake well. Eat straight out of jar or pour into a bowl and enjoy.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
402.6	13.2	60.1	13.3	1.2	0	266.5	12.8

**Chef's Notes:** Mix and match with grains, vegetables and dressings you have on hand. Grating ginger releases more juice and adds more flavor than chopping with a knife.