

Barley salad:

The salad starts with a base of cooked barley, cooked as a brown rice substitute, mixed thoroughly with extra virgin olive oil to taste.

The salad can be flavored and taken in any flavor profile you like.

For example:

Mediterranean: pesto, sundried tomatoes, artichoke hearts, parsley, olive, fresh tomato....

Thai: Thai peanut sauce, scallions, fresh pepper, carrot