

Purple Barley Garbanzo Bean Salad Serves 4

- 1 cup of purple barley (or regular white barley)
- 1 bunch green onions, thinly sliced
- 1 can of garbanzo beans, drained
- 1 large bunch (or one bag) of fresh spinach, washed and dried
- 2 carrots, peeled and grated
- ½ cup roasted sunflower seeds
- Optional: Add 1 cup crumbled feta

**Dressing:**

- Juice of 2 lemons
- ½ C olive oil
- 1 tsp dried dill
- Salt and pepper to taste
- 1 clove garlic, crushed, or ½ tsp dried garlic powder

**Prepare the barley:**

Bring 6 cups of lightly salted water to a boil and add the barley. Return to a boil, reduce the heat to a low simmer, and cover with a lid. Cook for 40 minutes, and drain. You can test the barley for doneness after 30 minutes; it should be firm-tender when it's done. This step can be done ahead of time. It's best to let the barley cool down before using it for your salad.

**Make the dressing:**

Whisk together all of the salad ingredients in a small bowl.

**The salad:**

In a large bowl, combine the all of the ingredients and toss well. Let sit for a few minutes to allow the flavors to combine nicely before serving.

