



Hearty Winter Squash and Barley Salad

4-6 servings

1 medium winter squash, such as Butternut or Buttercup, peeled, seeded, and diced into approximately 1" cubes

1 ½ C barley

1 bunch parsley, chopped

3 stalks of celery, diced

1 cup dried cranberries

5 scallions, sliced thin

¾ C toasted pumpkin seeds, hazelnuts or pecans (optional)

1 bunch Kale, remove the big stems, chop coarsely, and in a bowl, sprinkle a small bit of salt on the kale and then massage it lightly with your hands while tossing it. Doing this removes any bitter taste.

Dressing:

Whisk together:

Juice of 1 lemon

¼ c brown sugar or maple syrup

Olive oil

Salt & pepper

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.

In a pan, bring 2 – 3 cups of water to a boil. Add a small pinch of salt and your squash cubes cover with a lid, allowing a crack to let the steam escape. Cook for about 5-8 minutes, until the squash is easily pierced with a fork. Drain and set aside.

Toss all of the ingredients together with the dressing and let sit for at least 15 minutes to let the flavors blend before serving.