

Barley-Blueberry Salad (*Makes 4 servings*)

Ingredients

2 cups cooked and cooled barley

2 teaspoons canola oil

Juice and zest of 1 lime

4 cups fresh baby spinach

¼ cup red onion, finely chopped

2 tablespoons fresh basil, chopped

½ avocado, diced

2 cups fresh or defrosted berries (strawberries, raspberries, blueberries or blackberries)

Directions

1. In a large bowl, gently mix together barley, olive oil, lime juice and zest, spinach, red onion and fresh basil. This part can be made ahead and kept in the refrigerator.
2. Gently stir in avocado and berries just before serving time.
3. Serve salad immediately.