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Prevent and Protect
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BARLEY AND LENTIL SALAD WITH GOAT CHEESE

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Serves 4

- 3/4 cup quick-cooking barley**
- 3 tablespoons olive oil**
- 2 tablespoons fresh lemon juice**
- Kosher salt and black pepper**
- 1 medium head romaine lettuce, torn into bite-size pieces (about 8 cups)**
- 1 15-ounce can lentils, rinsed**
- 1 large carrot, cut into matchsticks**
- 1/4 small red onion, chopped**
- 1/4 cup chopped pitted kalamata olives**
- 1/4 English cucumber, chopped**
- 2 ounces goat cheese, crumbled (1/2 cup)**

- **Cook the barley according to the package directions. Drain and run under cold water to cool.**
- **Meanwhile, in a small bowl, whisk together the oil, lemon juice, and 1/2 teaspoon each of salt and pepper.**
- **In a medium bowl, toss the lettuce with half the lemon dressing.**
- **In a second medium bowl, toss the barley, lentils, carrot, onion, olives, and cucumber with the remaining lemon dressing.**
- **Serve the barley mixture over the lettuce and sprinkle with the goat cheese.**