

Toasted Barley Salad

Ingredients:

27340	2 1/2 C.	Barley
19310	3 Tbsp	Vegetable Base
	6 C.	Water
99607	4	Pablano Peppers
97325	4 sm	Red Peppers
97160	8	Plum Tomatoes
97265	4 C.	Fresh Corn Kernels
99670	1 C.	Fresh Cilantro, chopped
97675	3/4 C.	Scallions, chopped
97826	2 oz.	Fresh Lime Juice
30200	2 oz.	Olive Oil
99660	4 med	Portobello Mushroom Caps, grilled
98007	1 Lb	Baby Spinach, sauteed for 2-3 minutes

Method:

- * Place barley in a large pot, cook over medium heat until pale golden, about 10 minutes
- * Add water and vegetable base and cook until liquid is absorbed, about 35 minutes
- * Uncover and allow to cool
- * Char peppers, peel, seed and dice
- * Place barley and pepper in a bowl
- * Add cilantro, lime juice, scallions, olive oil, and chopped grilled portobello mushrooms
- * Toss with spinach