



## **Pearl Barley with Figs, Apple & Pomegranate Seeds**

### **Ingredients**

#### **Salad**

1 1/2 cups pearl barley  
1 green apple such as Granny Smith, cored and diced

1 pomegranate seeds removed

2 cups chopped Farm Fresh Nuts

[Turkish Figs](#)

1/2 cups Farm Fresh Nuts [Dry Roasted](#)

[Pine Nuts](#)

1/4 cup flat-leaf parsley or celery leaves, minced

#### **Dressing**

1 shallot, minced

2 lemons

1 tsp honey

1/3 cup extra virgin olive oil

Salt and pepper to taste

### **Instructions**

Combine the barley with 4 cups of water and a pinch of salt in a large saucepan. Bring to a boil over high heat, then cover and reduce heat to a simmer.

Cook until barley is tender yet still chewy and most of the water has been absorbed, 25-35 minutes. If necessary, drain and fluff with a fork. Set aside.

While the barley is cooking, prepare the dressing by whisking together the shallot, the zest and juice of both lemons, the honey and the olive oil.

Combine the apple, pomegranate seeds, dried figs, and pine nuts in a large bowl. Add the barley and the dressing and toss to combine.

Add the parsley or celery leaves and season well with salt and pepper. Toss to combine. Taste and adjust seasoning.

Serve warm or at room temperature.