



# Barley Cucumber Salad

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## Ingredients

Pearl Barley - ½ cup

Water - 1 ¼ cup

Cucumber - 1 cup finely chopped

Red onions - ¼ cup finely chopped

Tomatoes - ½ cup seeds removed and chopped

Cilantro - 3 TBSP finely chopped

Mint - 3 TBSP finely chopped

## For the dressing

Dijon Mustard - 1 TBSP

Red wine Vinegar - 2 TBSP

Olive Oil - 2 TBSP

Honey - 2 tsp

Salt - to taste

Pepper - to taste

Lemon Juice - 1 TBSP

## Instructions

### To Cook the Barley

1. Roast the barley in a pan until golden brown and aromatic. This takes about 5 to 6 minutes in medium heat.
2. Add the water and let it come to a boil.
3. Once the water comes to a boil, simmer and cover the pan. Let the barley cook until all the water has evaporated and the barley is soft. This will take about 25 to 30 minutes.
4. If you feel that the barley is still not cooked and the water has all evaporated, add a little bit more water and cook further.
5. Let the barley cool down to room temperature.

### To Make the Salad Dressing

1. Combine all the ingredients mentioned in a bowl and whisk well. Check for salt and pepper and adjust.

### To Make the Salad

1. Chop all the vegetables and add it to a large bowl.
2. Add the cooked and cooled barley to the same bowl and gently mix to combine.
3. Add the chopped herbs and then pour the dressing over the salad and mix.
4. Serve right away or chill until ready to serve. The salad works great for summer picnics and potlucks.