

Hearty Barley & Kale Bowl

Swick

Makes 6 servings | Active Time: 10 minutes | Total Time: 10 minutes

Chef's Notes

Customize your own one-bowl meal by choosing one item from each of the categories below.

Grain ideas: brown rice, farro, couscous, quinoa, wheat berries, or a mixture

Veggie ideas: raw veggies and/or cooked veggies like lettuce, kale, spinach, zucchini, tomatoes

Beans or legumes: black beans, lentils, kidney beans, cannellini beans

Sauce or dressing ideas: sriracha, honey mustard, lemon vinaigrette, pesto, harissa, salsa

Crunchy toppings: crushed nuts, seeds, fried shallots

Garnishes: sliced avocado, sprouts, herbs

Step 1: Making the Dish

- 2 cups cooked barley
- 1 cup thinly sliced, loosely packed kale
- 1/2 cup cooked cannellini beans, drained and rinsed
- 1 carrot, peeled and cut into small dice
- 5 to 6 pitted Kalamata olives, sliced in half
- 2 cornichons, cut into small dice
- 3 tablespoons red wine vinegar
- 3 tablespoons olive oil
- 1/4 teaspoon cracked black pepper
- 3 to 4 basil leaves, sliced thin
- 1 pitted date, diced (optional)

Combine all the ingredients— except the date—and let sit for at least 10 minutes before serving to allow the flavors to marry.

If you like a salty/sweet contrast, add the date; if you want something purely savory, simply omit it.