**Barley & Lentil Salad with Kale, Apples, Almonds, & Feta**

Makes 7 servings (1 cup)

**Ingredients**

|  |  |  |
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| 2 1/2 - 3 cups | water | 625 -750 mL |
| 1/2 cup | green lentils | 125 ml |
| 1/2 cup | pearl or pot barley | 125 ml |
| 1 | garlic clove, finely grated or crushed | 1 |
| 2 - 3 cups | finely chopped kale or spinach, tough stems discarded | 500 - 750 mL |
| 1 | tart apple, cored and diced | 1 |
| 1/2 cup | crumbled feta | 125 ml |
| 1/4 cup | finely chopped purple onion | 60 ml |
|  |  |  |
|  | Vinaigrette |  |
| 1/3 cup | canola oil | 75 ml |
| 2 Tbsp | lemon juice | 30 ml |
| 2 Tbsp | white wine or rice vinegar | 30 ml |
| 2 tsp | grainy mustard | 10 ml |
| 1 tsp | honey or granulated sugar | 5 ml |
| 1/4 tsp | salt | 1 ml |
| 1/4 tsp | freshly ground black pepper | 1 ml |
| 1/3 cup | chopped toasted almonds | 75 ml |

**Instructions**

**Step 1**  
In a large saucepan, combine water, lentils, barley and garlic. Boil for 20 minutes or until tender. Drain well, discarding the garlic, and set aside to cool completely.

**Step 2**  
In a bowl, combine lentils and barley with kale, apple, feta and purple onion.

**Step 3**  
To prepare vinaigrette: In a small bowl, whisk together canola oil, lemon juice, vinegar, mustard, honey, salt and pepper. Pour over the salad and toss to combine. Top with almonds just before serving.