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

Makes 7 servings (1 cup)

**Ingredients**

|  |  |  |
| --- | --- | --- |
| 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.