

## **Beet and Barley Salad**

½ cup medium pearl barley  
¼ teaspoon salt  
2 cups water  
2 cups cooked beets diced (to cook skin and boil)  
1 garlic scape  
2 tablespoons fresh dill minced  
¼ cup feta cheese crumbled  
¼ cup olive oil  
¼ cup red wine vinegar  
¼ teaspoon salt  
Black pepper (optional)  
½ teaspoon sugar (optional)  
Craisins  
Leftover roasted chicken (optional)

Rinse barley in cold water; drain. Place barley in small saucepan with salt and water. Bring to a boil; cover and simmer over low heat 40 to 45 minutes--till tender and water is absorbed. Set aside to cool in a large serving bowl.

Add Beets, garlic scape, dill, and feta to cooled barley.

Whisk together olive oil, vinegar, salt, pepper and if desired sugar. Add to beet-barley mixture. Toss lightly. Serve over bed of lettuce. Sprinkle with craisins and place diced leftover roasted chicken on the side.

*Sent by Phil and Sandy Free*