

## **Barley, Corn and Cucumber Salad with Cilantro** from Karen Price, composite of several recipes

1 cup pearly barley  
2 cups cooked corn (best is fresh or Trader Joe's frozen corn in a bag)  
1 cucumber, peeled, halved lengthwise and sliced  
2 shallots, minced (use the equivalent to about half a small onion)  
1/4 cup safflower oil  
3 tablespoons white wine vinegar (can use white or cider)  
2 garlic cloves, minced  
2 tablespoons fresh chopped cilantro (use as much as you like)  
1/2 teaspoon salt  
1/4 teaspoon pepper



1. Boil 3 cups water. Add barley. Reduce heat and simmer, cover and cook until tender, about forty-five minutes. Drain and cool.
2. In large salad bowl, combine barley, cooked corn, cucumber and shallots.
3. Prepare dressing by mixing in a jar and shaking: oil, vinegar, garlic, cilantro, salt, and pepper. Pour over salad and toss.