

GET LOCAL

CURRIED BARLEY SALAD

PREP TIME: 1 hour

INGREDIENTS:

- 3 C. water
- 1 tsp curry powder
- ½ tsp turmeric
- 1 C barley, *That One Montana Brand—I can't remember the name*
- ¼ C plus 1 TBS freshly squeezed lime juice (about 4 limes)
- 1 TBS vegetable oil
- 2 tsp finely chopped jalapeno chile pepper, seeded, (see note)
- 1 clove garlic, minced
- ¼ tsp salt
- 1 ½ C seeded and diced tomatoes, prefer *Special K Ranch*
- ½ C chopped green bell pepper
- ½ C. chopped peeled cucumber
- 12 C. baby greens
- ¼ C. chopped fresh basil
- MUFA: ¾ C pumpkin seeds, toasted

In a large saucepan over high heat, bring the water, curry, and turmeric to a boil. Stir in the barley. Cover and reduce the heat to low. Cook for about 45 minutes, or until the water is absorbed and the barley is tender. Remove from heat. Meanwhile, in a large bowl, whisk together the lime juice, oil, chile pepper, garlic, and salt. Add the shrimp, tomatoes, bell pepper, cucumber, and barley. Toss to coat.

Spoon the salad on top of 2 cups of baby greens per plate. Divide salad evenly and sprinkle with the basil and the pumpkin seeds.

NOTE: Wear plastic gloves and keep hands away from the eyes when handling fresh chile peppers.



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