

Barley, Chickpea, Feta Salad

Servings: 4

Source: Bon Appetit July 2014

Ingredients

- 8 oz green beans, halved crosswise
- kosher salt
- 1 cup pearled, hulled barley
- 1 tsp olive oil
- ¼ cup raw sunflower seeds
- 1 15.5 oz can chickpeas, rinsed
- 4 oz feta, crumbled
- 2 tbsps chopped fresh dill
- 2 tbsps fresh lemon juice
- Toasted spice vinaigrette, see recipe below

Method

Cook green beans in a large pot of boiling salted water until crisp-tender, about 3 minutes. Using a sieve or a slotted spoon, transfer to a bowl of ice water.

Return water to a boil, add barley, and simmer until tender (refer to packaging for timing); drain. Let cool on a baking sheet.

Heat oil in a small skillet over medium heat. Cook sunflower seeds, tossing occasionally, until golden brown, about 5 minutes. Let cool.

Toss green beans, barley, sunflower seeds, chickpeas, feta, dill, lemon juice and vinaigrette in a large bowl.

Toasted Spice Vinaigrette

1 tsp coriander seeds
1 tsp cumin seeds
1 tsp fennel seeds
½ cup olive oil
2 tbsp white wine vinegar
1 tsp Dijon mustard
kosher salt, freshly ground pepper

Toast coriander, cumin, and fennel seeds in a dry small skillet over medium heat, tossing until fragrant, about 3 minutes. Let cool, then chop. Whisk with oil, vinegar, and mustard in a small bowl; season with salt and pepper.

Vinaigrette can be made 4 days ahead. Cover and chill.