

Bean and Barley Tabbouleh

Prep: 15 minutes • Cook: 25 minutes

A bright, herb-packed salad where nutty barley and creamy white beans mingle with crisp cucumber and tomato, all lifted by fresh parsley, mint, and zesty lemon. Light yet satisfying with vibrant, summery flavors in every bite.

Ingredients

- 1/2 cup (uncooked) barley (cooked according to package directions)
- 4 tablespoons olive oil (extra-virgin)
- 1 clove garlic (finely grated or minced)
- 3 tablespoons lemon juice
- 1/2 teaspoon, plus more to taste sea salt
- to taste black pepper (freshly ground)
- 3/4 cup white beans (canned (navy, cannellini, or great northern))
- 1/4 cup roasted almonds (chopped, optional)
- 3/4 cup cucumber (diced (Persian or English preferred))
- 3/4 cup tomatoes (finely diced, ripe)
- 3 scallions (thinly sliced (white and green parts))
- 1 1/2 cups flat-leaf parsley (chopped)
- 1/4 cup fresh mint leaves (finely chopped)

Instructions

1. In a large bowl, whisk together the olive oil, lemon juice, garlic, salt, and black pepper.
2. Add 1 cup cooked barley and toss until well-coated (save remaining cooked barley for another recipe).
3. Fold in the white beans, almonds, cucumber, and tomatoes, then add the scallions.
4. Gently fold in the parsley and mint.
5. Taste and adjust seasoning with additional lemon juice, salt, or olive oil, as desired.
6. Serve at room temperature or chilled. Optional: Let the salad rest 10 minutes to allow flavors to meld.

Tags: Vegan, Salad, Middle Eastern-Inspired, Herby, High Fiber, Make Ahead
