



European Pedagogics and Nutrition

# Pearl barley salad



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## Nutritional aspect

- ▶ A portion (of half the ingredients listed) is around 380 kcal – a great suggestion for a filling lunch that you can take with you to school or work in a box.
- ▶ The dish contains dietary fiber, healthy fats and vitamins



## Pearl barley salad

### Ingredients

- ▶ pearl barley
- ▶ Italian nuts,
- ▶ sunflower seeds,
- ▶ Cherry tomatoes,
- ▶ cucumber,
- ▶ Lemon (juice)
- ▶ radish sprouts,

### Preparation of the dish

- ▶ The pearl barley should be rinsed and cooked until soft, then cooled.
- ▶ Sunflower seeds and nuts should be roasted in a pan.
- ▶ Then cut the cucumber into slices, and tomatoes into halves.
- ▶ Mix all ingredients with groats and season with balsamic vinegar, lemon juice, salt and pepper.

