



Barley and Roasted Cauliflower Jar Salad



4 servings



30 mins prep | 45 minutes total time

Per serving:

606 calories

68 g carbs

15 g fiber

32 g fat

21 g protein

Ingredients

- 2 cups barley, *cooked*
- 2 cups cauliflower florets, *roasted*
- 1 tbsp olive oil
- 4 cucumbers, sliced
- 4 scallions, sliced
- 2 cups chickpeas, rinsed and drained
- 1/3 cup almonds, chopped
- 8 cups arugula

Directions

Prep

1. **Cook** barley according to directions.
2. **Roast cauliflower:** Cut 1 small head of cauliflower into small florets. Toss with 1 tbsp of olive oil, salt and pepper to taste. Arrange in a single layer on a lined baking sheet. Bake at 400° for 20 minutes or until tender. Note: *You can use any pre-roasted vegetable in place of the cauliflower.*
3. **Slice** cucumbers, scallions, drain chickpeas, chop almonds, wash arugula.

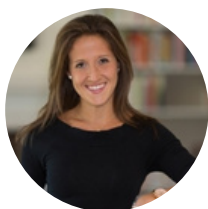
Make

1. **Dressing:** Whisk together tahini, olive oil, lemon juice, and minced garlic. Thin with water as needed. Season with salt.
2. **Layer:** In 4 mason jars, start with the dressing. Then layer cucumbers, scallions, cooked barley, roasted cauliflower, chickpeas, and almonds. Top with arugula.
3. **Store & Enjoy:** Seal the jars and refrigerate. When ready, invert into a bowl, toss, and enjoy your jar of winter goodness!

Dressing

Ingredients

- 1/2 cup tahini
- 2 tbsp olive oil
- 1/3 cup lemon juice
- 4 garlic cloves, minced
- 1 water, to thin as needed
- Salt and pepper to taste



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