Warm Cauliflower and Herbed Barley Salad
From – bonappetit.com

½ cup pearled barley
Kosher salt
1 Tbsp finely grated lemon zest
3 Tbsp fresh lemon juice
1 Tbsp mayonnaise
1 tsp Dijon mustard
6 Tbsp olive oil, divided
freshly ground black pepper
1 head cauliflower, cut into florets
15oz can butter beans or other white bean
½ cup flat leaf parsley leaves, divided
2 Tbsp fresh tarragon leaves, divided

• Place barley in a larges saucepan; add water to cover by 2 inches. Season with salt. Bring to a boil and cook until tender, 25-30 minutes. Drain; run under cold water. Set aside.
• Meanwhile, whisk lemon juice, mayonnaise, mustard and 5 Tbsp olive oil in a medium bowl until emulsified. Season with salt and pepper to taste. Set aside.
• Heat remaining 1 Tbsp olive oil in a large skillet over medium heat. Add cauliflower; cook, turning occasionally, until browned in spots, 10-12 minutes. Add 2 Tbsp water, cover, and cook until just tender, about 2 minutes longer. Season with salt and pepper.
• Transfer cauliflower to a large bowl, add beans, ¼ cup parsley, 1 Tbsp tarragon, reserved barley, and half the dressing. Toss to coat. Season to taste with salt and pepper.
• Divide salad among 4 bowls; drizzle remaining dressing over. Garnish with lemon zest, and ¼ cup parsley, and 1 Tbsp tarragon.

For more recipes visit us at www.HealthyHarvestFarmCSA.com