

ISLAND GROWN

HARVEST ^{OF} THE MONTH

- January, 2015 -

WHOLE GRAINS

BARLEY & ROASTED BEET SALAD

2 cups Barley, cooked and cooled

1 LB Red Beets, peeled, cubed and roasted until tender

4 TBL Red wine vinegar

2 TBL honey

1/2 TSP allspice

Salt and pepper to taste

4 TBL olive oil

Chopped parsley for garnish

Roast beets in aluminum foil until tender, about 20 to 45 minutes depending on size. Combine all the ingredients, except for parsley. For a red colored salad, allow it to sit for 2 hours. Stir well before serving and garnish with chopped parsley.

Recipe by Robin Forte



For more information visit

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