

Barley Salad with Garlic Scapes & Snap Peas

From your box: Garlic Scapes, Scallions, and Sugar Snap Peas

1 cup hulled barley
3 cups water
5 Garlic Scapes, roughly chopped
2 tablespoons toasted almonds
1/4 cup extra virgin olive oil
2 teaspoons lemon juice
1 teaspoon lemon zest
Coarse kosher salt
1 cup sugar snap peas
2 tablespoons thinly sliced scallions or herb of your choice

Cook and cool barley: Combine barley and water in a saucepan and bring to a boil. Cover, reduce heat, and simmer until tender, about 1 to 1 1/2 hours. Cool completely.

Make garlic sauce: Blend garlic scapes, almonds, olive oil, lemon juice and zest, and 1 teaspoon salt in a food processor or blender until smooth. If the mixture is very thick or dry, mix in 1-2 tablespoons of water.

Blanch sugar snap peas: Have ready a large bowl of ice water, a slotted spoon, and a plate lined with a cloth or paper towel. Bring a pan of water to boil over high heat. Add a tablespoon of salt and the snap peas and boil just until bright green and crisp, about 30 seconds to 1 minute. Quickly remove the snap peas with a slotted spoon and plunge them into the ice bath. When the peas are completely cool, remove them from the ice bath and drain on the towel-lined plate. Cut the snap peas lengthwise on the diagonal.

Assemble salad: In a large bowl, combine barley and garlic sauce. Then mix in snap peas and scallions. Season to taste and serve immediately or keep covered in the refrigerator.

Adapted from <http://www.thekitchn.com>