



Egyptian Barley Bowl

serves 2 calories per Serving: 580

Why This Recipe Works We set out to develop a recipe for a vibrantly spiced pearl barley salad with the right balance of sweetness, earthiness, tang, and nuttiness. Inspired by the flavors of Egypt, we incorporated toasty pistachios, tangy pomegranate molasses, and bright, vegetal cilantro, all balanced by warm, earthy spices and sweet golden raisins. We bulked it up with our marinated eggplant, a topping you can make ahead and keep on hand. This often bitter vegetable gets the broiler treatment, giving it lots of caramelization, and then gets tossed in a bright vinaigrette full of capers and mint. Salty feta cheese, pungent scallions, and pomegranate seeds adorned the top of the dish for a colorful composed salad with dynamic flavors and textures. Chopped pistachios added both crunch and color. We like this bowl served warm or room temperature.

2 tablespoons extra-virgin olive oil

1 tablespoon pomegranate molasses ¼ teaspoon ground cinnamon

¼ teaspoon table salt

¼ teaspoon pepper

1/s teaspoon ground cumin

2 cups cooked pearl barley (page 189) ¼ cup chopped fresh cilantro

2 tablespoons golden raisins

¾ cup Marinated Eggplant with Capers

and Mint (page 206), chopped coarse 1 ounce feta cheese, crumbled (¼ cup) ¼ cup pomegranate seeds

3 scallions, green parts only, sliced thin 2 tablespoons chopped toasted pistachios

Whisk oil, pomegranate molasses, cinnamon, salt, pepper, and cumin together in bowl. Toss barley, cilantro, and raisins with 1 tablespoon vinaigrette to coat then season with salt and pepper to taste. Divide among individual serving bowls then top with eggplant, feta, pomegranate seeds, and scallion greens. Drizzle with remaining vinaigrette and sprinkle with pistachios. Serve.