



Sustainable Solano
NURTURING INITIATIVES FOR THE GOOD OF THE WHOLE

Vegan Corn Salad with Barley, Tomatoes & Basil Vinaigrette

Salad:

- 2 ½ cups water
- 1 ¼ cups pearl barley
- 5 medium ears corn, husks and silk removed
- 1 small bunch basil (about ½ cup total, chopped)
- 2 large tomatoes, cut into chunks (or 2 cups cherry tomatoes, sliced)
- 2 green onions, thinly sliced

Vinaigrette:

- ¼ cup seasoned rice vinegar*
- 1 t. salt
- ¼ t. black pepper
- ¼ cup olive oil

In 2-quart saucepan, heat water to boiling over high heat. Stir in barley and return to a boil. Reduce heat to low; cover and simmer 30-35 minutes or until barley is tender.

Meanwhile, cook corn. Option 1: cut kernels from cobs and sauté in a skillet with a little olive oil until tender (you may need to add a few Tablespoons of water to prevent sticking and keep it moist.)
Option 2: microwave corn cobs on high for 4-5 minutes, turning and rearranging corn halfway through. Cool slightly until easy to handle then cut kernels from cobs.

Chop enough basil to equal 1/3 cup; reserve remaining basil for garnish.

In a large bowl, whisk together the vinegar, salt, pepper and oil. Stir in corn, warm barley, tomatoes, green onions and chopped basil until combined. If not serving right away, cover and refrigerate. Garnish with additional basil and serve.

*If using unseasoned rice vinegar, add a few drops of honey to the vinaigrette.

Makes about 10 cups.

Recipe demonstrated by Veronica Bearce of Veronica's Veggies.

**Buy local! Get produce for this recipe from small Solano County farms.
Visit <http://sustainablesolano.org/local-food/> for resources and information.**