

Sarah's Byggrynssalat/Norwegian Barley Salad

Serves: 6 to 8

Ingredients:

1 cup pearly barley, rinsed (or quick barley)
¼ cup canola oil
3 tablespoons apple cider vinegar
2 teaspoons Dijon mustard
1 teaspoon honey
Kosher salt
Ground black pepper
4 scallions, green and white parts, finely chopped, divided
2 tablespoons fresh Italian parsley, finely chopped
2 tablespoons fresh chives, finely chopped
¾ cup smoked salmon, roughly chopped (about 6 slices), optional



Directions:

Cook the barley according to the directions on the package. For additional flavor, add a bay leaf and use an equal blend of water and chicken stock.

Meanwhile, prepare the dressing. In a small bowl, whisk together the vinegar, Dijon mustard, honey, ½ teaspoon kosher salt and ¼ teaspoon black pepper. Continue whisking while slowly adding the vegetable oil, until fully emulsified. Add the chopped scallions and stir to combine. Taste and add more seasoning as desired. Set the dressing aside at room temperature or refrigerate for up to 3 days.

When the barley is done cooking, drain it into a colander and immediately add the dressing; toss well to combine. Add the chopped parsley, chives and salmon and toss again until incorporated. Taste and add more seasoning as desired. Cover and refrigerate the salad for at least 1 hour before serving or refrigerate it in an airtight container for up to 3 days.

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