



# THE ingles TABLE

with Lindsay Moore  
**Barley Pear Salad**

## Shopping List

Vinaigrette:

- Plain Yogurt
- Dijon Mustard
- Lemon Juice
- Extra Virgin Olive Oil
- 1/2 Tsp Salt
- 1/2 Tsp Pepper
- Chopped Mint

Salad:

- 3 Cups of Barley
- 1 Chopped Pear
- Arugula
- Toasted Almonds
- Blue Cheese

## Cooking Instructions

- 1)** In a small bowl, whisk together yogurt, mustard, lemon juice, salt, pepper, and mint.
  - 2)** Slowly drizzle olive oil into the bowl and whisk until emulsified.
  - 3)** If not made ahead, prepare barley according to package instructions and allow to cool.
  - 4)** Assemble bowls.
  - 5)** Place a handful of arugula in each bowl.
  - 6)** Top the beds of arugula with a large helping of barley, pears, toasted almonds, and blue cheese crumbles.
  - 7)** Drizzle vinaigrette.
- Enjoy!



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