

Barley Mandarin Salad



READY IN
20
MINUTES!

Snappy Grains Mandarin Salad

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| 1¼ cup vegetable stock | 2 tbsp cider vinegar |
| 1 cup Snappy Grains | 2 tbsp low sodium soy sauce |
| 1 tbsp olive or canola oil | 3 mandarin oranges, sectioned |
| 1 cup mushrooms, sliced | ½ cup almonds, slivered |
| 1 cup celery, diced | ¼ cup dried cranberries |
| ¼ cup green onion, sliced | Pinch of salt |
| ½ cup olive or canola oil | |

Directions:

1. In a large saucepan, bring stock to a boil. Add Snappy Grains and simmer for 10 minutes. Remove from heat and allow to cool.
2. Sauté mushrooms on oil until tender, and let cool.
3. In a bowl, combine barley, mushrooms, celery and onions.
4. In a separate container, combine oil. Vinegar, soy sauce and salt; mix well. Pour over barley mixture and stir to coat. Stir in almonds.
5. Cover and refrigerate for 4 hours or overnight. Gently stir in cranberries and orange pieces.

Serves: 6 – 8