



Winter Squash and Barley Salad with Rainbow Chard

Served at Grace Presbyterian Church's 4th Annual Farm to EVERY Fork event, November 4, 2016

Serves 8 to 10 (makes about 10 cups)

- 1 small Butternut Squash (about 1-1/2 lbs) or other orange winter squash peeled, seeded and cut into 1-inch pieces (about 3 cups)
- 1 cup dry pearl barley
- 1/2 large red onion, minced (about 1 cup)
- 1 bunch (about 1 pound) rainbow chard, or other chard
- 3 tablespoons lemon juice from 1 lemon, divided
- 4 ounces feta, crumbled, plus extra for serving
- 2 1/2 tablespoons extra-virgin olive oil, divided
- Salt and pepper to taste

Preheat oven to 400 degrees F. Place prepared squash into a roasting pan or rimmed baking sheet. Toss with 1 tablespoon oil, plus salt and pepper to taste, and spread out in a single layer. Roast, tossing occasionally, until just tender and golden brown, about 30 minutes. This step can be done up to several days in advance, just keep the squash well covered in the refrigerator.

While the squash is roasting, place the onions in a small bowl and cover with cold water. Set aside to soak for at least 30 minutes.

Wash the chard and pat dry, but leave some moisture clinging to the leaves. Strip off the leaves, stack them in a pile, and slice them into 1/2-inch ribbons. Set aside. Dice the stems into small bite-sized pieces and set aside.

Heat 1 teaspoon of olive oil in a large skillet over medium heat. Sauté the diced chard stems with a pinch of salt until they start to turn translucent around the edges, 6 to 8 minutes. Add the ribboned chard leaves, half of the lemon juice (1 1/2 tablespoons), and a healthy pinch of salt. Continue to cook, stirring gently, until it is bright green and has wilted down, another 4 to 5 minutes. If the pan is very dry, add a few tablespoons of water so the chard can keep steaming.

Drain the red onion from the soaking water. Combine cooked squash, cooked barley, chard stems and leaves, and red onion in a large mixing bowl. Let everything cool to room temperature, then stir in the feta. Whisk together the remaining lemon juice, 2 tablespoons of olive oil, and 1/4 teaspoon salt. Drizzle the vinaigrette over the salad and stir to evenly coat all the ingredients.

Taste the mixture. As needed, add salt 1/4 teaspoon at a time. Add pepper to taste.

Serve family-style in a large bowl or in individual bowls with extra feta sprinkled over the top. Leftovers will keep refrigerated for one week.

Source

Adapted from Golden Beet and Barley Salad as posted on The Kitchn.com
<http://www.thekitchn.com/recipe-riff-golden-beet-and-ba-88567>