



**NUTRITION
MONTH 2023**

Recipes for Simple, Nutritious
Sustainable Meals

Kale Barley Salad with Maple Vinaigrette

There's so much to love about this salad. It's satisfying, nutritious, and delicious. And it's versatile too! Swap in ingredients you love; try arugula instead of kale, quinoa instead of barley or chickpeas in place of edamame. Leftovers also make an energizing lunch.

INGREDIENTS

Prep Time: 15 min
Stand Time: 15 min
Makes 6 servings

Vinaigrette:

3 tbsp (45 mL) apple cider vinegar
1 tbsp (15 mL) maple syrup
½ tsp (2 mL) Dijon mustard
½ tsp (2 mL) each salt and pepper
1 clove garlic, minced
¼ cup (60 mL) canola oil

Salad:

4 cups (1 L) finely chopped kale
2 ½ cups (625 mL) cooked pot or pearl barley
1 red apple with skin, diced
1 cup (250 mL) thinly sliced red cabbage
1 cup (250 mL) coarsely grated carrot
1 ½ cups (375 mL) cooked edamame
1 ½ cups (375 mL) diced old Cheddar or Swiss cheese
¼ cup (60 mL) unsalted pumpkin seeds (optional)

PREPARATION

1. Vinaigrette: In small bowl, whisk vinegar, maple syrup, mustard, salt, pepper, and garlic. Whisk in oil until combined.
2. Salad: In medium bowl, toss kale with 2 tbsp (30 mL) of the vinaigrette for 1 minute to coat well; let stand 15 minutes. Transfer kale to large platter; top with barley, apple, cabbage, carrot, and edamame. Sprinkle cheese and pumpkin seeds (if using). Drizzle with remaining dressing.

FOR YOUR HEALTH

Not only does cheese add deliciousness to this plant-forward meal, but it also boosts the nutritional value with nutrients we need for good health like complete protein, calcium, and vitamin B12.

FOR THE ENVIRONMENT

Eating sustainably includes choosing local, Canadian-produced foods where possible. This recipe is jam-packed with nutrient-rich local foods like apple, cabbage, carrot, and Canadian Cheddar cheese.

YOUR DIETITIAN:

Name: Organization:
Contact:

Dietitians can help you unlock the potential of food for simple, nutritious, sustainable meals. As regulated health care professionals, dietitians use their specialized food and nutrition knowledge and skills to translate science into trusted healthy living advice for all Canadians.

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