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Minted Wild Rice and Barley Salad

Prep Time: 30 mins

Cook Time: 40 mins

Rest Time: 4 h

Total Time: 1 h 10 mins

Ingredients

- 4 cup(s) water
- 1 cup(s) rice, wild, rinsed and drained
- 1/2 cup(s) barley
- 2 cup(s) pea pods, fresh, cut into thirds
- 3/4 cup(s) raisins, golden
- 6 scallion(s) (green onions), sliced
- orange peel
- 2 teaspoon orange peel
- 2/3 cup(s) orange juice
- 2 tablespoon oil, olive
- 1/2 teaspoon salt
- 1/4 teaspoon pepper, black ground
- 1/4 cup(s) mint, fresh



Recipe Tip:

Chill for 4 to 6 hours.

Preparation

1. In a large saucepan, bring the water to boiling; stir in uncooked wild rice and barley. Return to boiling; reduce heat. Cover and simmer about 40 minutes or until wild rice and barley are tender. Drain off liquid. Transfer wild rice and barley to a large bowl.
2. Stir in pea pods, golden raisins, green onions, the 2 teaspoons orange peel, the orange juice, oil, salt, and pepper. Cover and chill for 4 to 6 hours. Tote salad and mint in an insulated cooler with ice packs.
3. To serve, stir in mint. If desired, garnish with additional orange peel.