

MEDITERRANEAN GRAIN BOWL

featuring Kagome Lemon Dill Dressing

Prep Time: 10 minutes | Cook Time: 60 minutes | Yields: 1 serving

INGREDIENTS

1 tablespoon (15ml)	Olive Oil
½ cup (26g)	Shallot, minced
1 tablespoon (15g)	Garlic, minced
1 tablespoon (15g)	Parsley, chopped
1 tablespoon (15g)	Dill, chopped
1 cup (250g)	Barley, uncooked
3 cups (750ml)	Water or Stock, chicken or vegetable
2 cups (43g)	Arugula, chopped
1 cup (227g)	Cooked Chicken, shredded
4 ounces (114g)	Artichoke Hearts, chopped
1 cup (150g)	Grape Tomatoes
1 cup (120g)	English Cucumbers, sliced
½ cup (90g)	Kalamata olives, pitted
½ cup (90g)	Roasted Bell Peppers, sliced
4 ounces (125g)	Feta Cheese, crumbled
2 ounces (56g)	Crispy Garbanzo Beans
½ cup (125ml)	Kagome Lemon Dill Dressing

INSTRUCTIONS

1. In a medium saucepan heat the olive oil over medium heat. Add shallots, garlic, parsley and dill. Cook until shallots are translucent and herbs become aromatic. Add the barley and toast until grains are well coated in oil for about 2 minutes. Add your choice of stock and bring to a boil. Reduce heat, cover and let simmer for approximately 30-50 minutes. Barley will expand and absorb almost all of the water. Turn off heat, stir the barley, cover the saucepan and let stand for 5-10 minutes. Allow barley mixture to cool, place in a bowl and set aside.
2. In a medium bowl mix barley and arugula. Assemble salad; place barley and arugula mixture in the bowl, add shredded chicken, artichoke hearts, cucumbers, tomatoes, roasted bell peppers, crumbled feta cheese, and crispy garbanzo beans. Drizzle **Kagome Lemon Dill Dressing** on top. Serve immediately.

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Gift to Make the
World a More
Delicious Place.**