

Ingredients

- 2 Cups barley, cooked
- 1 Cup loosely packed kale, thinly sliced
- ½ Cup cannellini beans, drained and rinsed
- 1 carrot, peeled and cut into small dice
- 5 to 6 pitted kalamata olives, sliced in half
- 2 cornichons, cut into small dice
- 3 Tablespoons red wine vinegar
- 3 Tablespoons olive oil
- ¼ teaspoon salt
- ¼ teaspoon cracked black pepper
- 3 to 4 basil leaves, sliced thin
- 1 pitted date, diced (optional)

Directions

1. Combine all the ingredients except date and let sit for at least 10 minutes before serving to allow the flavors to marry.
2. If you like a salty/sweet contrast, add the date; if you want something purely savory, simply omit it.
3. Serve and enjoy!

Recipe written by Dan Buettner