



Chickpea Barley Lentil Salad

Ingredients:

- 8 ounces green beans (about 2 cups)
- 1 package Nature's Earthly Choice™ Microwavable Barley & Lentils
- 15 ounces canned chickpeas, rinsed and drained
- ¾ cup feta cheese
- ⅓ cup fresh dill, chopped
- Juice of 2 lemons
- ¼ cup olive oil
- Salt and pepper, to taste

Directions:

1. Trim and cut the green beans into 2-inch pieces. Bring a small pot of water to a boil, reduce to a simmer, and add the green beans. Cook until crispy, about 3 minutes.
2. Squeeze the pouch of barley and lentils to separate. In a large bowl, combine the barley and lentils, green beans, chickpeas, feta, and dill. Toss with remaining ingredients. Chill before serving.