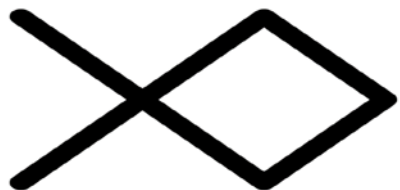


# MAIA ORGANIC FARRO & BARLEY SALAD WITH TUNA



**MAIAORGANIC**



Recipe - SUSAN POLLACK, ITALFOODS



## INGREDIENTS

MAIA ORGANIC PEARLED FARRO  
MAIA ORGANIC PEARLED BARLEY  
ASARO LEMON EVOO  
LEMON ZEST  
LEMON JUICE  
RED ONION - thinly sliced  
SAN GIULIANO SUNDRIED TOMATOES  
CAPERS  
RAINBOW CHARD - washed well - pat dry  
SALT  
TONNINO TUNA

## DIRECTIONS

- Bring a pot of water to boil, add salt and then add FARRO. Cook for about 30 minutes.
- Drain FARRO well, mix with ASARO LEMON EVOO. Set aside to cool
- Bring a pot of water to boil, add salt and then add BARLEY. Cook for about 30 minutes.
- Drain BARLEY well, mix with ASARO LEMON EVOO. Set aside to cool
- *Both the FARRO & BARLEY can be made a day ahead, cooled, mixed together and refrigerated*
- Zest the lemons directly into the grains and add the lemon juice – save a little juice for the onions
- Place the onions in a bowl of water for about 10 minutes. Drain well. Add a little EVOO, lemon juice and salt and allow the onions to marinate for about 15 minutes.
- Dice the SAN GIULIANO Sundried Tomatoes – add to grains
- Add capers to grains
- Chop the chard, including the stalks – add to the grains
- Add the onions with the marinade
- Drain the tuna and add it to the grains
- Mix well, taste for oil, salt and acid. Make several hours ahead so that the flavors combine.