

Spinach Salad with Citrus and Vegetable Barley Soup

4 Servings

Salad

1 5 oz bag or large bunch of spinach
2 Clementine oranges, tangerines or tangelo's, peeled and separated
6 inches cucumber, sliced
1 green onion or ¼ cup purple onion, chopped fine
¼ cup slivered almonds or walnut pieces
2-3 Brazil nuts, chopped fine

Combine salad ingredients in a bowl. Dress with a low fat vinaigrette such as raspberry.

Vegetable Barley Soup

4-6 servings

½ onion, diced
1-2 cloves garlic, crushed or pressed
2 ribs celery, diced
2 carrots, diced
½ cup green beans, chopped to 1" lengths
½ cup peas
½ cup corn
2 T oil or water
8 cups water or vegetable stock
1 cup barley, uncooked
1 T tomato paste
1 large can diced or crushed tomatoes
Sea salt or tamari to taste
½ tsp Italian spice mix (or 1-2 tablespoons if using water instead of vegi stock)
2 bay leaves
4-6 additional cups of water or vegetable stock

Options:

Add 1 can of white or red beans (drained and rinsed) for additional protein.

Add ¼ to ½ cup pasta such as elbows, small shells, bow ties, ditalini. Add after soup has simmered for 40 minutes (small pasta will only need to be cooked for 8-10 minutes).

PREPARATION:

Chop celery, carrots, and green beans. In a large soup pot, sauté the onions and garlic until onions are soft. Add all ingredients to the soup pot and bring to a boil. Reduce heat to low and simmer for an hour, stirring occasionally. Add additional water/vegetable stock if soup is too thick. Remove bay leaves and serve. Freeze any leftovers.

For more information see: www.e2se.org