

## Marinated Shrimp & Barley Salad

Shrimp, Barley, Corn, Cucumbers, Tomatoes, Green Onion and Roasted Bell Peppers  
Tossed with a Tarragon Lemon Vinaigrette  
Sentara Williamsburg Community Hospital

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Prep Time: 20 Minutes

Cook Time: 45 Minutes

Ready In: 1 ½ Hours

Servings: 4

### Ingredients:

1 lb. Shrimp, Peeled, Deveined, Cooked  
1 Cup Pearl Barley, Raw  
1 Cup Corn, Fresh, Cut off Cobb (Substitute: Frozen Corn)  
½ Cup Cucumbers, Peeled, Diced ¼ “  
¼ Cup Scallions, Sliced ¼ “  
½ Cup Tomatoes, Fresh, Diced ¼ “  
1 Garlic Clove, Minced  
½ Cup Mixed Roasted Red & Yellow Bell Peppers (Substitute: Canned Roasted Peppers)  
¼ Cup Tarragon Leaves, Fresh, Minced  
1 tsp Lemon Zest  
¼ Cup Lemon Juice, Fresh  
¼ Cup Olive Oil  
3 Cups Water  
½ tsp Kosher Salt  
½ tsp Fresh Ground Black Pepper

### Procedure:

1. Combine barley and water in a saucepan. Bring to a boil. Cover, reduce heat and simmer for approximately 45 minutes. Water will be absorbed and barley will be tender. Transfer to a colander. Rinse with cold water and drain well.
2. If roasting fresh bell peppers: *Preheat oven broiler. Halve and deseed peppers. Coat peppers with oil and placed halves cut side down on baking sheet. Roast peppers under broiler for approximately 5 minutes, or until slightly charred. Remove from heat, peel and dice.*
3. In a large bowl, combine barley, shrimp, corn, cucumbers, tomatoes and bell peppers.
4. In a small bowl, whisk lemon juice, oil, garlic, tarragon, kosher salt and pepper until well blended. Pour over barley mixture and toss to coat.
5. Fold in sliced scallions.
6. Refrigerate until cool and salad has had time to marinate.
7. Garnish with lemon wedge and tarragon sprigs.
8. Serve and enjoy!

\* Be creative with this great summer salad: Use different herbs like, dill or basil. Add pine nuts or sliced almonds. Cook barley in curry powder and turmeric and substitute lime for lemon, add basil or cilantro for another variation. Be creative, have fun!