

Hearty Barley and Kale Bowl

Ingredients:

2 cups cooked barley
1 cup thinly sliced kale
½ cup beans
1 carrots, peeled and cut into small dice
Olives (optional)
Cornichons (optional)
3 Tbs. red wine vinegar
3 Tbs. olive oil
½ tsp. Salt
¼ cracked pepper
3-4 basil leaves, sliced thin
1 pitted date, diced (optional)

Combine all the ingredients - except the date - and let sit for at least 10 minutes before serving to allow the flavors to marry. If you like a purely savory bowl, omit the date.

Source:

The Blue Zones Kitchen: 100 Recipes to Live to 100
Dan Buettner