

## **Barley Salad**

**4 cups cooked barley**

**1/2 cup onions, diced**

**1/2 cup carrots, diced**

**1/4 cup celery, diced**

**1/4 cup shiitake mushrooms, soaked, diced, and cooked 10 minutes  
in a little tamari soy sauce and water**

**1/4 cup chopped parsley**

**1/2 cup cooked seitan, cubed**

**Tamari soy sauce-ginger dressing**

Place 1/2 inch of water in a pot and bring to a boil. Add the onions and blanch for several seconds. Remove and drain. Add the carrots to the boiling water and blanch for 1 minute. Remove and drain. Place the celery in the same boiling water and blanch for several seconds. Remove and drain. Place the rice, onions, carrots, celery, shiitake, chopped parsley, and seitan in a mixing bowl. Mix thoroughly. Spoon a tamari soy sauce-ginger dressing over each serving.