

## **Lemon Basil Chicken with Toasted Barley Salad**

Gary Hild, Executive Chef, Unity Village

Serves: 6

### **Ingredients:**

#### **For Salad:**

1 cup Pearled Barley  
3 cups Vegetable Stock  
1 cup Black Beans, canned & drained  
1 cup Green Pepper, diced  
1 cup Sweet Corn Kernels, frozen  
1 cup Tomatoes, diced  
8 oz Mushrooms, medium sliced  
6 Scallions, diced  
¼ cup Jalapeno Peppers, fresh minced  
½ cup Fresh Basil  
6 cloves Fresh Garlic, minced  
Juice of a Lemon  
3 Tbls. Olive Oil  
Kosher Salt  
Freshly Ground Black Pepper  
Toasted Pumpkin Seeds

#### **For Chicken:**

6 Boneless, skinless 6 oz Chicken Breasts  
1 cup Fresh Basil, chopped  
2 Tbls. Fresh Garlic, minced  
¼ cup Lemon Juice  
1 cup Olive Oil  
1 tsp. Kosher Salt  
1 tsp. Black Pepper

### **Method:**

For the Chicken; blend marinade well and add chicken breasts. Marinate for at least 3 hours.

For the Barley Salad: Place barley in a sauce pan with 1 tablespoon olive oil over medium heat and toast lightly. Be sure to stir it regularly to prevent burning. Add stock and bring it to a boil. Reduce heat, cover and simmer gently until liquid is absorbed, about 25 minutes. Allow to cool. Sauté mushrooms in 2 tablespoons olive oil, add to barley mixture. Barley can be made a day in advance and stored in a refrigerator.

Combine cooked barley with remaining ingredients and season with salt and pepper.

### **Assembly:**

Grill chicken breasts until just done. Refrigerate to cool. Slice chicken on the bias and arrange on top of ¾ cup of barley salad. Garnish with fresh basil leaves and toasted pumpkin seeds.