

# California Barley Bowl with Lemony Yogurt Sauce

Adapted from: Clare Barboza

**Prep time:** 5 minutes (50 minutes if barley is uncooked)

**Cook time:** N/A

**Total time:** 5 minutes / 50 minutes

**Serves:** 2



## Ingredients

### For Barley Bowl:

- ½ cup cooked barley
- 1 cup bean sprouts (any variety)
- ⅓ cup Cotija cheese (or queso fresco)
- ¼ cup sliced almonds, toasted
- ¼ tsp. kosher salt
- 1 small ripe avocado, peeled, pitted, and diced

- kosher salt
- freshly ground black pepper

### For Lemony Yogurt Sauce:

- ½ cup plain yogurt
- 1 tsp. grated lemon zest
- 1 tsp. freshly squeezed lemon juice
- 1 tbsp. fresh chives, chopped
- pinch of kosher salt

## Instructions

1. In a small bowl, stir the barley, sprouts, cheese, almonds, and salt together.
2. Whisk all the yogurt sauce ingredients together in a small bowl. (Refrigerate any leftovers in an airtight container for up to 3 days. If the sauce begins to separate, just give it a good stir because using.)
3. Scoop barley mixture into 2 bowls and top with the avocado and a few generous spoonfuls. Sprinkle with salt and serve.

Note: Cooking the barley the night before is a great time saver!