

## Mediterranean Eggplant and Barley Salad

Makes 4 (main course) or 8 (side dish) servings

### Ingredients:

- 1 1/2 lb eggplant, cut into 1/2-inch cubes
- 3/4 lb zucchini, cut into 1/2-inch cubes
- 10 tablespoons extra-virgin olive oil
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 cup chopped scallion (from 1 bunch)
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon cayenne (note: I used 1/8 tsp. and it was plenty spicy; adjust to taste)
- 1 1/4 cups pearl barley (8 oz)
- 1 (14-oz) can reduced-sodium vegetable or chicken broth (1 3/4 cups)
- 3/4 cup water
- 2 tablespoons fresh lemon juice
- 1 garlic clove, minced
- 1/4 teaspoon sugar
- 1/2 lb cherry tomatoes, quartered
- 1/3 cup Kalamata or other brine-cured black olives, pitted and halved
- 1/2 cup thinly sliced red onion, rinsed and drained if desired
- 1 cup chopped fresh flat-leaf parsley
- 1/2 cup chopped fresh mint

Accompaniment: 1 (1/2-lb) piece ricotta salata, cut crosswise into thin slices

### Directions:

1. Roast eggplant and zucchini: Put oven racks in upper and lower thirds of oven and preheat oven to 425°F.
2. Toss eggplant and zucchini with 5 tablespoons oil, 3/4 teaspoon salt, and 3/4 teaspoon pepper in a bowl, then spread in 2 oiled large shallow (1-inch-deep) pans. Roast vegetables in oven, stirring occasionally and switching position of pans halfway through baking, until vegetables are golden brown and tender, 20 to 25 minutes total. Combine vegetables in 1 pan and cool, reserving other pan for cooling barley.
3. Cook barley: Heat 2 tablespoons oil in a 3- to 4-quart heavy pot over moderately high heat until hot but not smoking, then cook scallion, cumin, coriander, and cayenne, stirring, until fragrant, about 1 minute. Add barley and cook, stirring until well coated with oil, 2 minutes more. Add broth and water and bring to a boil. Reduce heat and simmer, covered, until all of liquid is absorbed and barley is tender, 30 to 40 minutes. Remove from heat and let stand, covered, 5 minutes. Transfer to reserved shallow baking pan and spread to quickly cool, uncovered, to room temperature, about 20 minutes.
4. Make dressing and assemble salad: Whisk together lemon juice, garlic, sugar, and remaining 1/4 teaspoon salt, 1/4 teaspoon pepper, and 3 tablespoons oil in a large bowl. Add barley, roasted vegetables, and remaining ingredients to bowl with dressing and toss until combined well. Serve with cheese slices.
5. Do ahead: Salad can be made 1 day ahead and chilled. Return to room temperature before serving.