Summer Grain Bowl

1 cup pearled barley

2 cups spinach

1/2 cup fresh blueberries

1/2 cup cherry tomatoes, halved

1/2 cup fresh corn

1/4 cup crumbled goat cheese

2 Tablespoons roasted pumpkin seeds

Lemon Basil Vinaigrette

2 cups fresh basil

2 Tablespoons red wine vinegar

2 cloves garlic

1 whole lemon, juiced and zested

1/2 teaspoon salt

1/2 cup olive oil

Combine basil, garlic, red wine vinegar, lemon juice, lemon zest and salt in food processor. Pulse until combined.

Slowly drizzle in the olive oil with the machine on until thoroughly combined.

Layer barley and spinach with the tomatoes, corn and blueberries in bowl.

Top with crumbled goat cheese and pumpkin seeds.

Drizzle with lemon basil vinaigrette.