

Barley Salad with Apples, Bacon, and Feta

Serves 4

- *1 cup barley, cooked according to package directions, drained
- *1 granny smith apple, sliced
- *1/2 cup bacon, crumbled
- *2 tablespoons apple cider vinegar
- *¼ cup apple cider
- *½ teaspoon cinnamon
- *1/4 teaspoon cayenne
- *1 teaspoon Dijon mustard
- *¾ - 1 cup canola oil
- *½ cup Feta cheese
- *1 cup bibb lettuce, optional

In a small bowl, whisk vinegar, apple cider, cinnamon, cayenne, and Dijon Mustard. Slowly whisk in oil. Season to taste with salt and pepper. In a bowl combine barley, apple, and bacon. Stir in dressing and then feta. Season with salt and pepper. Add blue cheese if desired. Serve over Bibb lettuce leaves if desired.

Seared Scallops with Apple Cider Sauce

Serves 2 appetizer portions

- *4 large sea scallops
- *1 tablespoon salad oil
- *1 granny smith apple, diced
- *1 shallot, minced
- *1/2 cup apple cider
- *1 teaspoon Dijon mustard
- *1 tablespoon butter

Season scallops with salt and white pepper on both sides. Heat oil in a medium sauté pan over high heat. Sear scallops until golden brown on each side about 1 – 2 minute per side. Remove scallops from pan. Add apple and shallot and saute until starting to brown, about 1 minute. Add cider and let reduce. Stir in mustard. Remove from heat and whisk in butter. Pour sauce over scallops and serve.