

Barley, Bean, and Corn Salad

Prep time: 15 minutes | Cooking time: 0 minutes | Number of servings: 6

- 2 cups cooked pearl barley (see back)
- 1 (15-ounce) can kidney beans, rinsed and drained
- 1 cup canned corn, rinsed and drained
- 1 large red bell pepper, seeded and finely chopped
- ½ cup diced celery
- ¼ cup chopped green onion
- 1 clove garlic, finely chopped
- ¼ cup fresh lemon juice
- 2 tablespoons vegetable oil
- Salt and pepper to taste

Optional Fresh cilantro or parsley for garnish

Directions

1. Mix barley with remaining ingredients, except garnish, in a large bowl.
2. Cover and chill several hours or overnight to allow flavors to blend.
3. Garnish with cilantro or parsley sprigs (*if desired*) and serve.



Food Sense Tip

- Save some time! Cook extra barley. Freeze the extra and reheat it when you want to serve it! Add cooked barley to soups, stews, casseroles, and salads for a healthful whole grain boost.

Nutrition Facts (Serving size 1 cup): Calories–230; Protein–8g; Carbohydrate–38g; Total Fat–6g; Saturated Fat–0.5g; Cholesterol–0mg; Fiber–9g; Sodium–250mg; Vitamin C–70%; Vitamin A–20%; Iron–15%; Calcium–6%

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1. In medium saucepan with lid, bring 3 cups water to a boil.
2. Add 1 cup pearl barley and return to boil. Reduce heat to low, cover, and cook 45 minutes or until barley is tender and liquid is absorbed. Makes about 3 to 3½ cups.
3. Place any extra cooked barley in an airtight container and refrigerate for up to a week or freeze.



How to Cook Pearl Barley



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