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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How to Cook Pearl Barley

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.

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact http://foodhelp.wa.gov or the Basic Food Program at 877-501-2233.

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