

Barley, Bean and Corn Salad

This recipe is a good source of fiber, which may help protect you against some diseases.

Ingredients:

- 2 cups cooked pearl barley (cooking directions below)
- 1 can (15 ounces) kidney beans, drained
- 1 cup corn (canned, frozen or fresh cooked)
- 1 large red bell pepper, seeded and finely chopped
- 1/2 cup sliced celery
- 1/4 cup sliced green onion
- 1 clove garlic, finely chopped
- 1/4 cup fresh lemon or lime juice
- 2 tablespoons vegetable oil
- Salt and pepper, to taste
- Fresh cilantro or parsley sprigs, 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.
4. Refrigerate leftovers within 2-3 hours.

To cook pearl barley:

In medium saucepan with lid bring 3 cups water to a boil. 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 3-1/2 cups. Place any extra cooked barley in an airtight container and refrigerate or freeze for up to a week. Add cooked barley to soups, stews, casseroles and salads for a healthful whole grain boost.

Bright Ideas:

Nutrition Facts	
Serving Size 1/2 cup (110g)	
Servings Per Container 12	
Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 19g	6%
Dietary Fiber 5g	20%
Sugars 2g	
Protein 4g	
Vitamin A 6%	Vitamin C 40%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

12 servings, 1/2 cup each

Source: Adapted from www.barleyfoods.org. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>