

Barley Salad

This recipe contains a variety of fruits and vegetables, which may help protect you against many chronic diseases.

Ingredients:

- 1 cup dry barley
- 3 cups water
- 1/4 cup raisins or other dried fruit
- 1 cup frozen peas or other vegetables (fresh, frozen or canned)
- 2 cups lettuce, washed and chopped
- 1 15-ounce can mandarin oranges, drained
- 1/2 cup green onions, sliced thin (can use any onions)
- 1 tablespoon vinegar (rice vinegar or any others)
- 3 tablespoons vegetable oil

Directions:

1. Place barley and water in a medium saucepan. Bring to boil, then turn to low. Cook (with lid on) for 45 minutes.
2. Rinse cooked barley briefly in cold water. Drain.
3. Add remaining ingredients. Toss well.
4. Season with salt and pepper.
5. Refrigerate leftovers within 2-3 hours.

Nutrition Facts	
Serving Size 2/3 cup (100g)	
Servings Per Container 13	
Amount Per Serving	
Calories 120	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 3g	
Vitamin A 20%	• Vitamin C 20%
Calcium 2%	• Iron 6%
*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	

13 servings

Bright Ideas: Try substituting different fruits and vegetables in this recipe.

Source: Anne Hoisington, OSU Extension.. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>