Tomato Barley Salad

SERVING SIZE: 1 cup
SERVINGS: 7
PREPARATION TIME: 10 minutes
READY IN: 1 hour

INGREDIENTS:
1 ½ cups barley, uncooked
3 ½ cups water
2 Tomatoes, large, chopped
1 small red or other onion chopped
2 Tablespoons fresh, chopped parsley or 1 Tablespoon dried
2 Tablespoons basil, dried
1/4 cup olive or vegetable oil
1/4 cup cider or white vinegar
1 teaspoon salt
½ teaspoon black pepper

NUTRITION FACTS:
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DIRECTIONS:
1. Bring water to a boil. Add barley, cover and simmer for 45 minutes or until tender.
2. Place tomatoes, onion, and fresh parsley in a large bowl.
3. Cool barley and add to vegetables.
4. Add basil, oil, vinegar, salt, and pepper.
5. Chill in fridge to serve cold. May also be served hot. Keeps well in fridge up to 3 days.

RECIPE TIPS:
• You can substitute fresh tomatoes for canned tomatoes when not in season. Just drain and use.
• Both fresh and dried herbs work great in this recipe.
• Make sure the barley is cooled completely before adding the other ingredients.

Recipe submitted by Mount Mary University Dietetics Department
Additional recipes available at: healthyshelves.org

EQUIPMENT NEEDED:
• Cutting board
• Knife
• Large saucepan
• Mixing bowl
• Measuring spoons and cups

Amount Per Serving
Calories 162
Total fat 18g
Saturated fat 0g
Cholesterol 0mg
Sodium 329mg
Total Carbohydrate 22g
Fiber 5g
Sugar 0g
Includes 0g of Added Sugars
Protein 3g
Phosphorus 191mg
Potassium 285mg