

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
- ¼ cup olive or vegetable oil
- ¼ cup cider or white vinegar
- 1 teaspoon salt
- ½ teaspoon black pepper



NUTRITION FACTS:

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

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.

EQUIPMENT NEEDED:

- Cutting board
- Knife
- Large saucepan
- Mixing bowl
- Measuring spoons and cups

Recipe submitted by Mount Mary University Dietetics Department

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