

Barley Corn Salad

Featuring Barley

Serves 6

Ingredients

2 cups cooked medium pearl barley
2 cups frozen corn, thawed
1/2 cup chopped sweet red pepper
1/2 cup chopped green pepper
3 green onions, chopped
1 tablespoon minced fresh cilantro or parsley
2 tablespoons lemon juice
2 tablespoons canola oil
1/2 teaspoon salt
1/2 teaspoon dried thyme
1/8 teaspoon pepper



Pearl barley refers to covered barley that has been processed to remove the tough inedible outer hull and then pearled or polished. Barley may be pearled to varying degrees and labeled as regular, medium, fine or baby pearl. Pearl barley is available in several forms; however, kernels or berries are the most common. Pearl barley may also be purchased flaked, cut (grits) and ground (meal or flour).

Directions

1. In a large bowl, combine the first six ingredients.
2. In a jar with a tight-fitting lid, combine the lemon juice, oil, salt, thyme and pepper; shake well. Pour over salad and toss to coat. Cover and refrigerate for at least 2 hours before serving.