

## ***Mediterranean Barley Salad***

*Featuring Barley*

*From Mediterranean Region*

*Serves 6*

### **Ingredients**

#### **Salad:**

2 cups vegetable broth (low sodium, organic, canned, or homemade)

1 cup barley

1 teaspoon extra-virgin olive oil

1 cup Kalamata Olives, Chopped

2 medium tomatoes, Diced

1 medium cucumber, Diced

2/3 cup chopped flat-leaf parsley

#### **Dressing:**

½ cup fresh lemon juice

¼ teaspoon kosher salt

Freshly ground pepper, to taste

3 tablespoons extra-virgin olive oil



*Barley comes from an annual grass. It is used for animal feed, bread and cereal products, and malt beverages.*

### **Directions**

1. Bring broth to a boil in a medium saucepan. Add barley and oil. Bring back to a boil, adjust heat to maintain a gentle simmer, cover and cook until tender, about 30 minutes. Remove from heat and let stand, covered, for 10 minutes more. Drain excess liquid, if needed. Cool.
2. While barley is cooking chop the Kalamata olives and flat-leaf parsley, dice tomatoes and cucumber and set aside.
3. Whisk the lemon juice, salt, and pepper in a large serving bowl. Gradually whisk in the oil, starting with a few drops and then adding the rest in a steady stream, to make a smooth dressing. Add the barley and remaining salad ingredients and toss to coat with the dressing. Serve 1 cup portions.

**Nutrition Information:** 244 calories, 33.4 g carbohydrates, 4.5 g protein, 11.6 g fat, 1.6 g saturated fat, 8.2 g monounsaturated fat, 1.3 g polyunsaturated fat, 0 g trans fat, 7 g fiber