



### **Barley Avocado Chicken Salad**

8 to 10 ounces precut salad greens  
2 cups chopped cooked chicken  
2 cups cooked pearl barley, cooking directions below  
1 can (15 ounces) mandarin oranges, drained  
1/2 ripe avocado, peeled, pitted and chopped  
1/2 medium red onion, sliced into rings  
1/4 cup prepared sweet vinaigrette-style dressing

Combine all ingredients in a large salad bowl. Toss gently and serve. Makes 4 entrée servings.

Per serving: calories 507, protein 24g, carbohydrates 75g, fat 15g, fiber 8g, cholesterol 51mg, sodium 229mg.

#### To cook pearl barley

In medium saucepan with lid, bring 3 cups water to a boil. Add 1 cup pearl barley and return to a boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Makes about 3 to 3-1/2 cups. (Place extra cooked barley in an airtight container and refrigerate or freeze for use later.)

***For more recipe ideas, visit [www.barleyfoods.org](http://www.barleyfoods.org).***