



Barley Gazpacho

3 cans (13 ounces each) low-sodium spicy tomato juice
2 cans (14-1/2 ounces each) chopped tomatoes and juice
2 cups cooked and cooled barley, cooking directions below
1 cup peeled, seeded and chopped cucumber
1 cup chopped red bell pepper
1/4 cup chopped cilantro or Italian parsley
1/4 cup chopped green onion
1 tablespoon chopped canned jalapeno chilies
1/2 teaspoon seasoned salt
1/2 ripe avocado, peeled, seeded and sliced

In large bowl, combine all ingredients except avocado. Ladle into soup bowls and garnish with avocado slices. Makes 8 servings.

Nutrients per serving: calories 131, protein 3g, carbohydrates 24g, fiber 5g, fat 2g, cholesterol 0, sodium 372mg.

To cook barley

In medium saucepan with lid, bring 3 cups water to a boil. Add 1 cup pearl or whole grain barley; return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. (If using whole grain barley, increase cooking time to 50-60 minutes. Pour off any unabsorbed liquid after cooking time.) Makes about 3 to 3-1/2 cups. Place any extra cooked barley in an airtight container and refrigerate or freeze for up to 1 week. Add cooked barley to soups, stews, casseroles and salads for extra fiber and flavor. For best results, bring refrigerated or frozen cooked barley to room temperature before using.

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