



## Celebrate Mother's Day on a budget

SPOKANE, Wash. (May 2010) -- Nothing says "I love you" like a special gesture for Mom on her special day. And it doesn't have to be expensive. This year, create a budget-friendly celebration at home. First, turn off the alarm so Mom can sleep in. Then volunteer to take on the daily chores so she can concentrate on a favorite hobby or pastime.

Instead of battling long restaurant lines, treat the lady of the day to a leisurely lunch in the backyard. For a picture-perfect entrée, serve Barley Salad Nicoise. This whole-meal salad is brimming with flavor and good nutrition, thanks to lots of fresh vegetables and fiber-rich [barley](#). Serve this pretty entrée with French bread and a pitcher of lemonade. Mom will be pleased! For more Mom-favorite recipes, visit [www.barleyfoods.org](http://www.barleyfoods.org).

### **Barley Salad Nicoise**

- 1 pound thin green beans, ends removed
- 1 cup pearl or whole grain barley kernels
- 1/2 cup prepared oil and vinegar dressing, divided
- 1/4 cup chopped fresh Italian parsley
- 1 head butter or Boston lettuce
- 1 can (12 ounces) albacore tuna, drained
- 4 hard cooked eggs, each cut into 4 wedges
- 2 large tomatoes, each cut into 8 wedges
- 1/2 cup black or kalamata olives
- 3 tablespoons capers, drained

Place green beans in a large pot of boiling water; cook 3-5 minutes or until tender-crisp but still bright green. Rinse beans under cold water;

drain and cool. In medium saucepan with lid, bring 3 cups water to a boil. Add barley and return to a boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. (For whole grain barley, increase cooking time to 50-60 minutes.) Toss cooked barley with 1/4 cup dressing and parsley; cool. To serve, arrange lettuce leaves on large platter. Spoon barley over lettuce. Arrange green beans at one end of the platter and tuna chunks at the opposite end. Place egg and tomato wedges in the center. Sprinkle olives and capers over all and drizzle with remaining dressing. Makes 8 servings.

Per serving: calories 298, protein 18g, carbohydrates 26g, fiber 6g, fat 14g, cholesterol 124mg, sodium 587mg.

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