



## **Barley Antipasto Salad**

1 cup pearl barley or whole grain barley  
3 cups water  
1/2 pound Provolone cheese, cut into ¼-inch cubes  
1/2 pound Italian salami, cut into ¼-inch cubes  
1 can (16 ounces) artichoke hearts, drained and quartered  
1 cup pepperoncini rings, drained (or 2/3 cup whole pepperoncini, sliced into rings)  
3/4 cup chopped red bell pepper  
8 medium white button mushrooms, sliced  
1/2 cup chopped Kalamata or ripe black olives  
1/4 cup shredded Parmesan cheese  
3 tablespoons chopped fresh basil leaves  
3 tablespoons chopped fresh Italian parsley leaves  
1/3 to 1/2 cup prepared Italian salad dressing

In medium saucepan with lid bring water to a boil. Add barley and 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 50-55 minutes and pour off any unabsorbed liquid after cooking. Cool. In large bowl, combine cooked and cooled barley, Provolone cheese, salami, artichokes, pepperoncini, bell pepper, mushrooms, olives, Parmesan cheese, basil and parsley. Drizzle with salad dressing and toss to coat. Cover and chill for 2 hours. Just before serving, toss again, adding more dressing if necessary. Makes 12 servings.

*Per serving: calories 269, protein 13g, carbohydrates 21g, fiber 5g, fat 16g, cholesterol 32mg, sodium 724mg.*

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