



Barley, Berries and Chicken Salad

2 cups cooked pearl barley or whole grain barley (cooking directions below)
1-1/2 cups cooked and cubed chicken
1 can (8 ounces) sliced water chestnuts, drained
1/2 cup sliced celery
1/4 cup sliced green onions
1/2 cup prepared Italian salad dressing
1 cup sliced fresh strawberries

Combine cooked barley, chicken, water chestnuts, celery and onions. Drizzle salad dressing over barley-chicken mixture and toss with fork. Chill well. To serve, spoon chilled salad into serving bowl and top with sliced strawberries. Toss lightly to mix. Makes 4 servings.

Per serving: 337 calories, 19g protein, 14g fat, 36g carbohydrate, 51mg cholesterol, 8g fiber, 631mg sodium.

To cook barley

In medium saucepan with lid bring 3 cups water to a boil. Add 1 cup pearl 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 50-55 minutes and pour off any unabsorbed liquid after cooking. Makes about 3 to 3-1/2 cups. Place any extra cooked barley in an airtight container and refrigerate or freeze up to 1 week. Add extra cooked barley to casseroles or prepared salads for extra fiber and flavor.

For more recipe ideas, visit www.barleyfoods.org.