



Curried Barley Supper Salad

1 cup pearl barley or whole grain barley
3 cups water
3/4 cup fat-free sour cream
1/3 cup low-fat mayonnaise
1/4 cup chutney
2 to 3 teaspoons curry powder
1/2 teaspoon salt
1-1/2 cups cubed cooked boneless, skinless chicken
1 medium apple, cored and chopped
1 medium pear, cored and chopped
3/4 cup halved red and green seedless grapes
1/2 cup chopped celery
2 tablespoons chopped roasted peanuts
Lettuce leaves

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 and stir barley to separate. Mix together sour cream, mayonnaise, chutney, curry powder and salt. Blend dressing into cooled barley. Cover and refrigerate. At serving time, stir in chicken, apple, pear, grapes and celery. Arrange lettuce leaves on platter and spoon barley salad over lettuce. Sprinkle with peanuts and serve. Makes 6 servings.

Per serving: calories 332, protein 17g, carbohydrates 49g, fiber 8g, fat 8g, cholesterol 35mg, sodium 408mg.

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