



Easy Greek Barley Salad

1 cup pearl barley or whole grain barley
3 cups water
Salt
1/3 cup olive oil
2 tablespoons fresh lemon juice
2 tablespoons red wine vinegar
1/2 teaspoon dried oregano
1/4 cup finely chopped onion
1/4 cup finely chopped fresh parsley
2 medium tomatoes, chopped
1 small green or red bell pepper, chopped
1/2 cup crumbled feta cheese

In medium saucepan with lid bring water and 1 teaspoon salt 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. Combine olive oil, lemon juice, vinegar, oregano and 1/4 teaspoon salt; pour over hot cooked barley. Cool to room temperature. Gently stir in onions, parsley, tomatoes, bell pepper and feta cheese. Serve salad chilled or at room temperature. Makes 6 servings.

Per serving: calories 209, protein 4g, fat 1g, carbohydrates 49g, cholesterol 0, fiber 7g, sodium 95mg.

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