



## **Golden Barley Fruit Salad**

1 cup pearl barley  
2-1/2 cups orange juice  
1 teaspoon grated orange peel  
¼ teaspoon salt  
1 small firm-ripe papaya, peeled, seeded and cut into small pieces  
1 ripe mango, peeled, seeded and cut into small pieces  
1 cup fresh pineapple cubes  
1/3 cup finely chopped fresh mint leaves  
3 tablespoons fresh lime juice  
1 tablespoon honey  
2 teaspoons peeled and finely chopped fresh ginger  
Additional fresh mint leaves, for garnish

In medium saucepan with lid, bring orange juice, orange peel and 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. Cool. In medium bowl, combine papaya, mango, pineapple, mint, lime juice, honey and ginger. Cover and chill to blend flavors. Stir 1 cup of chilled fruit mixture into cooled barley. Pack barley mixture into 6 custard cups; chill. To assemble salads, turn out packed barley mixture onto individual salad plates and spoon additional fruit mixture around each. Garnish with fresh mint leaves and serve. 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](http://www.barleyfoods.org).***

