



## **Stacked Ham 'n Barley Supper Salad**

3 cups hot cooked pearl barley or whole grain barley, cooking directions below  
Onion Mustard Dressing, recipe below (*or use your favorite vinaigrette-style dressing*)

2 cups diced cooked ham  
1 medium green pepper, seeded and chopped  
1 cup sliced celery  
2 cups shredded carrots  
3 cups shredded Swiss cheese  
6 cups lightly packed shredded Romaine  
1 cup sliced radishes

Combine hot cooked barley with Onion Mustard Dressing; let cool to room temperature. Spoon cooled barley mixture in an even layer in the bottom of a deep salad bowl. Layer remaining ingredients over barley. Mix and serve. (*Note: Once salad is prepared, may cover and refrigerate overnight to allow flavors to blend.*) Makes 6 servings.

Per serving: calories 546, protein 44g, fat 37g, carbohydrates 11g, cholesterol 121mg, fiber 3g, sodium 589mg.

### **To cook barley**

In medium saucepan with lid, bring 3 cups water to a boil. Add 1 cup pearl barley and return to boil. Cover, reduce heat to low 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 unused barley in airtight container and refrigerate or freeze for up to a week. Add to soups, stews, casseroles or salads for extra fiber and flavor. For best results, bring frozen or refrigerated barley to room temperature before adding to recipes.

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