



Teriyaki Barley Salad

½ cup pearl barley or whole grain barley
1-1/2 cups water
¼ teaspoon salt
2 medium carrots, thinly sliced
½ pound snow peas
2 cups cooked and cubed chicken
1 can (8 ounces) sliced water chestnuts, drained
4 green onions, sliced
¼ cup vegetable oil
¼ cup prepared teriyaki sauce
1 tablespoon white wine vinegar
1 teaspoon grated fresh ginger or ¼ teaspoon ground ginger
½ teaspoon garlic powder

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. Cook carrots in boiling water for 5 minutes. Add snow peas and cook 1 minute longer or until carrots and snow peas are tender-crisp. Rinse cooked vegetables and drain. Combine cooked barley, cooked vegetables, chicken, water chestnuts and green onions. Blend together oil, teriyaki sauce, vinegar, ginger and garlic powder in a small bowl. Pour over barley salad and mix well. Cover salad and refrigerate until chilled. Makes 6 servings.

Per serving: calories 288, protein 18g, fat 13g, carbohydrates 26g, cholesterol 41mg, fiber 5g, sodium 616mg.

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