



Tuna Barley Garden Salad

1 cup pearl barley or whole grain barley
3 cups chicken broth
1 cup broccoli florets
1 cup cauliflower florets
1/2 cup green bell pepper strips
1/2 cup red bell pepper strips
1 cup sliced zucchini
2 cans (6-1/2 ounces each) tuna packed in water, drained

Herbed Lemon Dressing

1/2 cup low-fat mayonnaise
1/2 cup plain low-fat yogurt
2 tablespoons finely chopped celery
2 tablespoons finely chopped green onion
2 tablespoons finely chopped fresh parsley
2 tablespoons finely chopped fresh dill
2 tablespoons fresh lemon juice
Salt and ground black pepper, to taste

Combine barley and chicken broth in saucepan. Bring to a 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 barley. In the meantime, steam or microwave broccoli and cauliflower florets about 2 minutes or until partially cooked. Cool. Combine broccoli and cauliflower with cooked barley, peppers, zucchini and tuna. Combine ingredients for Herbed Lemon Dressing; fold into barley mixture and toss gently. Makes 6 servings.

Per serving: 308 calories, 22g protein, 10g fat, 35g carbohydrate, 19mg cholesterol, 7g fiber, 888mg sodium.

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