



Country Corn and Barley Relish

1 cup pearl barley
3 cups water
Salt
1 cup fresh or frozen corn kernels
1/3 cup olive oil
1/4 cup vinegar
1 tablespoon finely chopped fresh basil leaves or 1 teaspoon dried basil
Ground black pepper
1 cup diced fresh tomato
1/2 cup finely chopped red or green bell pepper
2 green onions, thinly sliced

In medium saucepan with lid bring water and 1/2 teaspoon salt to a boil. Add pearl barley and return to boil. Reduce heat, cover and simmer 45 minutes. Add corn; simmer 15 minutes longer. In the meantime, combine olive oil, vinegar, basil, 1/2 teaspoon salt and a dash pepper. Pour dressing over warm barley and corn; toss to coat. Cool to room temperature. Add tomatoes, bell pepper and onions. Chill relish 2 to 3 hours. Serve alongside grilled burgers, steak or chicken. Makes about 5 cups.

Per 1/2-cup serving: calories 160, protein 2g, fat 7g, carbohydrates 21g, cholesterol 0, dietary fiber 3g, sodium 224 mg.

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