



## **Mexicali Barley Salad**

1 cup pearl barley or whole grain barley  
3 cups water  
1 can (15 ounces) kidney beans, rinsed and drained  
1 can (15 ounces) black beans, rinsed and drained  
1 can (11 ounces) Mexicorn or regular canned corn, drained  
3/4 cup chopped red onion  
1/4 to 1/2 cup sliced jalapeno peppers  
2/3 cup prepared barbecue sauce  
3 tablespoons prepared Italian salad dressing  
Green cabbage leaves, optional  
2 cups (8 ounces) shredded Cheddar cheese  
1 cup crumbled tortilla chips

Combine barley and water in medium 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. In large bowl, combine cooled barley, beans, corn, red onion and jalapeno peppers. In small bowl, combine barbecue sauce and salad dressing. Pour dressing over barley-bean mixture and toss to coat. Line a serving bowl with cabbage leaves, if desired. Spoon barley salad into bowl and top with shredded cheese and crumbled tortilla chips. Makes 8 servings.

Per serving: calories 387, protein 17g, carbohydrates 54g, fiber 13g, fat 14g, cholesterol 30mg, sodium 924mg.

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