

Barley, Bean and Corn Salad

Adapted from healthvrecipies.oregonstate.edu

Ingredients:

2 cups cooked barley (see below)
1 can (15 oz.) kidney beans, drained
1 cup corn (canned, frozen or fresh cooked)
1 large red bell pepper, seeded and finely chopped
¼ cup sliced green onion
¼ cup chopped parsley or cilantro
1 clove garlic, finely chopped
¼ cup fresh lemon/lime juice or white wine vinegar
¼ cup olive oil or vegetable oil
Salt and pepper to taste

Directions:

1. To cook barley: combine 3 cups water and bring to a boil; add barley and reduce heat to low, cover and cook 45 minutes until barley is tender and liquid is absorbed.
2. Mix barley with remaining ingredients in a large bowl.
3. Cover and chill several hours or overnight to allow flavors to blend.

Tips & Facts:

Place any extra cooked barley in airtight container and refrigerate up to a week or freeze. Add cooked barley to soups, stews, casseroles and salads for a healthful whole grain boost.

Nutrition Facts (per serving):

Calories: 221 cal;
Carbohydrates: 38 g;
Total Fat: 4.6g;
Protein: 8.5 g;
Fiber: 7.6g;
Cholesterol: 0 mg;
Sodium: 303mg

Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
Pearl Barley	\$1.29/16 oz.	\$1.29
Kidney beans	.89	.89
Frozen corn	\$1.25 12 oz.	.60
Red bell pepper	\$1.00	\$1.00
Green onion	.79/bunch	.40
Fresh parsley	..99/bunch	.50
garlic	.50/head	.06
Lemon juice	\$1.49/ 8 oz.	.75
Olive oil	\$5.39/17 oz.	\$2.38
TOTAL	\$13.59	\$7.87
		Cost per Serving: \$1.31