

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Summer Barley and Tomato Salad
Makes 6-8 servings**

Ingredients:

3 cups water
1 cup whole grain barley (also called "hulled" or "Scotch" barley)*
1 ½ cup grape tomatoes, halved
1 medium red bell pepper, diced
¼ cup red onion, diced
¼ cup black olives, sliced
¼ cup fresh basil or parsley, chopped
3 tablespoons crumbled feta cheese

Dressing:

1 lemon -1 teaspoon grated lemon zest (rind) and 3 tablespoon lemon juice
¼ cup canola **or** olive oil
½ teaspoon Dijon mustard
1 clove garlic, minced
½ tsp salt
¼ tsp pepper

Directions:

1. Bring water and barley to a boil in a saucepan. Cover, reduce heat, and simmer for 40 minutes or until tender and liquid is almost absorbed. Cool to room temperature.
2. In a large bowl combine cooked barley, tomatoes, red pepper, onion, olives, and basil.
3. For the dressing, in a small bowl, grate 1 teaspoon lemon zest, add 3 tablespoon lemon juice, Combine dressing ingredients in a small bowl; stir well with a whisk. Add dressing to barley mixture. Cover and refrigerated 30 minutes. Sprinkle with feta cheese and serve.

Recipe Notes:

1. Pearled barley can be used instead of whole grain barley. Pearled barley has the part of the bran removed and cooks faster, about 25-35 minutes.

Nutritional Facts: 1 cup serving

Calories: 275 **Fat:** 9 g **Sat. fat:** 1 g **Carbohydrate:** 31g **Protein:** 6 g **Fiber:** 7 g
Cholesterol: 0 mg **Sodium:** 329 mg