

Barley & Veggie Salad

Courtesy of Carole's Creations

Prep Time: 15

Cooking Time: 30

Serves: 6

CChints: Barley is high in fiber. There are 5 grams in 1/3 cup and when you add the other vegetables in this salad, you have a very healthy salad.



1-1/2 cups barley
2 – 14 oz. cans low-sodium chicken broth
2 cups fresh green beans cut into 1 inch pieces (about 1/2 pound)
1 cup fresh or frozen corn, thawed
1/2 cup Kalamata olives, seeded and sliced
Red bell pepper, cut into thin strips and then 1 inch pieces
1 small bunch chives, snipped (about 1/4 cup)

1/4 cup red wine, sherry or cabernet vinegar
1/4 cup extra-virgin olive oil
1/4 teaspoon salt
1 tablespoon Dijon mustard
1 tablespoon fresh parsley, chopped or 1 teaspoon dry parsley
1 teaspoon fresh basil, chopped or 1/3 teaspoon dry basil
1 teaspoon freshly ground black pepper
3 ounces Parmesan, crumbled (about 3/4 cup)

Cook barley according to package directions in a medium saucepan. For the liquid, use the 2 cans of chicken broth and add water make up the difference. Drain well. Transfer to a large bowl and let cool in the refrigerator while you prepare the rest of the salad.

Trim the green beans and cut them into 1 inch pieces. Cook covered in a microwave safe container for 2 minutes. Pour the cooked green beans into a bowl of ice water and let them cool down for 2 minutes. Drain the green beans and put the in a large mixing bowl.

Prepare the corn, olives, red peppers and chives and add them to the green beans. In a small bowl, combine the vinegar through basil plus the 1/2 teaspoon salt to make the dressing. Whisk together and set aside.

When the barley is cooled, stir it into the green beans mixture. Add the cheese and stir gently to blend. Whisk the dressing again and pour it over the salad. Toss gently to blend the dressing throughout the salad.