



## Barley Salad

### **Serves six**

- 12 oz. (400 grs.) uncooked barley
- 1 small bell pepper – cored, seeded and chopped
- 2 large tomatoes – peeled and chopped
- 2 large or 4 small celery stalks – stalks
- 4 scallions – white, light green and dark green parts chopped
- 1 cup chopped parsley
- ¼ cup extra virgin olive oil
- 1 large lemon – juiced
- 2 to 3 tsp. salt - to taste

Rinse the barley in 4 to 5 waters – making sure to remove all impurities. Soak it for about 15 minutes. Boil it in lightly salted water for about 20 minutes – until barley is soft but not mushy. Drain it and shock it in cold running water to stop the cooking process.

Place the cooled barley in a bowl and add the vegetables and herbs. Mix well. Add the olive oil, lemon juice and salt. Taste it and adjust the flavors if necessary. Serve it as a light vegetarian or vegan meal or as a side for meats. Enjoy!

CALORIES 301.60.; FAT 10.55 grs (sat 1.55; mono 6.78; poly 1.65); PROTEIN 8.15 grs ; FIBER 11.38 grs;  
CARBS 46.12 grs; CHOLESTEROL 0.00 mg; IRON 3.06mg; SODIUM 802.68 mg; CALCIUM 51.07 mg