

Barley Salad with Fresh Mint

Prep time: 20 min
Cook time: 45 min
Yield: 1 qt.

Serving size: 8
Calories per serving: 112

Ingredients:

1 cup pearl barley
3 cups water
1/2 cup green onions chopped
1/2 cup red bell pepper diced
1/4 cup parsley chopped
1/3 cup fresh or dried basil chopped
2 tablespoons fresh mint leaves chopped (or add 1/4 t. mint extract to dressing)
1/4 cup canola oil
1 clove garlic minced
2 tablespoons lemon juice
2/3 teaspoon salt
1 dash pepper



Directions:

In a saucepan, combine water and barley. Bring to a boil, reduce heat to low and simmer until barley is tender, about 40 to 45 minutes. Drain the barley and set aside.

Place green onions, red pepper, parsley, basil and mint in a large bowl. Toss in the cooked barley.

In a small bowl, whisk together the oil, minced garlic and lemon juice. Season to taste with salt and pepper, then toss into barley salad, stirring to combine well. Adjust seasonings to taste. Serve room temperature or cold.