

# Barley Garden Salad

## Ingredients

- 2 cups cooked pearled barley
- 1 cup diced tomatoes
- 1/2 medium cucumber, diced
- 1 diced bell pepper
- 1/4 cup of extra virgin olive oil
- 2 tablespoon fresh lemon juice
- handful fresh chopped parsley
- 1 minced garlic clove
- salt and pepper



**Nutrition Tip:**  
Try substituting other whole grains, like brown rice or quinoa, for the barley in this recipe.

## Directions

Cook 2 cups of pearled barley per package directions. One cup of dry pearled barley will cook to about 3 1/2 cups cooked barley.

In a medium bowl add in lemon juice, garlic and parsley. Using a whisk (or fork), slowly add the olive oil to mix the lemon juice to create a creamy dressing.

Add salt and pepper to taste. Next, in a large bowl add the barley, diced tomatoes, cucumber, and bell pepper. Pour over dressing and enjoy it right away!

For more ideas, check out

[www.epicurious.com/recipes-menus/how-to-make-a-grain-salad-without-a-recipe-article](http://www.epicurious.com/recipes-menus/how-to-make-a-grain-salad-without-a-recipe-article)

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