

Bean and Barley Salad

You'll Need: A pot, measuring cups, measuring spoons, two medium sized pots and a large bowl

Preparation Time: 15 minutes

Cook Time: 35 minutes

Ingredients	Amount for Six
Canola Oil	2 teaspoons
Pot Barley, cooked	½ cup
Vegetable Stock	2 cups
Canned Black Beans, drained and rinsed	1 can (540ml)
Bell Pepper, cut in long strips	1 whole
Tomato, cut into small chunks	1 whole
Frozen corn, cooked	½ cup
Olive oil	¼ cup
Chives, chopped (optional)	¼ cup
Lime juice (optional)	3 tablespoons
Salt	½ teaspoon
Pepper	¼ teaspoon
Lettuce	As much as you want
Cheddar Cheese	¼ cup for each dish served

Method:

Step 1: Heat oil over medium heat in medium pot. Add barley and cook for three minutes. Add vegetable stock and bring to boil. Lower heat to simmer and cook for 30 minutes. Drain stock and cool. **Step 2:** In another pot, bring a little water

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and frozen corn to boil. Reduce heat and simmer for 3-5 minutes. Drain and cool corn. **Step 3:** In a large bowl, combine cooked barley, beans, bell pepper, tomatoes, corn and chives. In a small bowl combine lime juice, olive oil, salt and pepper; pour over barley mixture and toss. Serve on lettuce topped with shredded cheese

Nutrients per serving

Calories: 300 kcals

Fat: 13.0 g

Carbohydrates: 34.0 g

Protein: 11.0 g

Sodium: 400mg

Fiber: 10.0 g