

Barley Summer Salad



Prep time:
10 min



Cook time:
45 min



Yield:
10
Servings



Serving
Size:
3/4 cup

Ingredients

- 1 cup dry barley
- 3 cups water
- ¼ cup dried cranberries
- 1 cup fresh blueberries
- 1 cup sweet snap peas, chopped
- 2 cups apples or another fresh fruit or veggie, chopped
- ½ cup red bell pepper, chopped
- ½ cup green onions, sliced thin
- 1 tablespoon vinegar
- 3 tablespoons vegetable oil
- ¼ cup lemon or lime juice

Directions

1. Place barley and water in a 2-3 quart saucepan. Bring to a boil, then turn to low. Cook covered for 45 minutes.
2. Rinse cooked barley briefly in cold water. Drain.

3. Add remaining ingredients. Toss well.
4. Refrigerate leftovers within 2 hours.

Notes

Substitute different fruits and vegetables in season.
Add nuts or seeds for added protein.