

Barley Bits

A bounty
of palate
pleasing
salads

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Teriyaki Barley Salad

A delicious Asian inspiration.

- 1/2 cup pearl barley
- 1-1/2 cups water
- 1/4 teaspoon salt
- 2 carrots, thinly sliced
- 1/2 pound snow peas
- 2 cups cooked and cubed chicken
- 1 can (8 ounces) sliced water chestnuts, drained
- 4 green onions, sliced
- 1/4 cup vegetable oil
- 1/4 cup prepared teriyaki sauce
- 1 tablespoon white wine vinegar
- 1 teaspoon grated fresh gingerroot or 1/4 teaspoon ground ginger
- 1/2 teaspoon garlic powder

In medium saucepan with lid bring water and salt to a boil. Add barley and return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is just tender. Drain off any remaining water and rinse cooked barley. Cook carrots in boiling water for 5 minutes. Add snow peas; cook one minute longer or until tender-crisp. Rinse vegetables; drain. Combine cooked barley, carrots, snow peas, chicken, water chestnuts and onions. Blend remaining ingredients in small bowl. Pour dressing over barley salad; mix well. Cover and refrigerate to chill. **Makes 6 servings.**

Per serving: calories 288, protein 18g, carbohydrates 26g, fat 13g, fiber 5g, cholesterol 41mg, sodium 616mg.

Barley Walnut Vegetable Salad

A feast for the eyes and taste buds.

- 3 cups cooked pearl barley, see *Barley Basics*
- 3/4 cup chopped bell pepper
- 3/4 cup chopped jicama
- 3/4 cup sliced radishes
- 1/2 cup sliced green onions
- 1/2 cup crumbled feta cheese
- 1/3 cup toasted chopped walnuts
- 1/3 cup prepared low-fat salad dressing

In a large shallow dish, place cooked barley in a single layer. Arrange vegetables, cheese and walnuts in strips over barley. Cover and chill. Toss salad with dressing and serve. **Makes 4 servings.**

Per serving: calories 289, protein 8g, carbohydrates 41g, fat 12g, fiber 6g, cholesterol 18mg, sodium 386mg.

Barley Shrimp Salad

Sumptuous seaside dining.

- 1 cup pearl barley
- 3 cups water
- 1 pound cooked, shelled and deveined medium shrimp (tails removed)
- 3 cups torn romaine lettuce leaves
- 12 cherry tomatoes, cut in half
- 2/3 cup sliced radishes
- 2/3 cup thinly sliced celery
- 2 green onions, sliced
- 2 avocados, seeded, peeled and chopped
- 1/2 to 2/3 cup prepared vinaigrette

In medium saucepan with lid bring water to a boil. Add barley and return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Cool. In large salad bowl, combine cooled barley, shrimp, romaine, tomatoes, radishes, celery, green onions, avocados and vinaigrette. Toss gently and serve. **Makes 4 servings.**

Per serving: calories 603, protein 33g, carbohydrates 54g, fat 31g, fiber 14g, cholesterol 223mg, sodium 537mg.

Barley BLT Salad

Robust salad for big appetites.

- 1 cup pearl barley
- 3 cups water
- 3 cups cooked and cubed chicken
- 2 cups chopped tomatoes
- 3/4 cup crumbled Gorgonzola cheese
- 6 strips bacon, cooked and chopped
- 4 cups torn romaine lettuce leaves
- 1/2 to 2/3 cup balsamic vinaigrette (or other prepared salad dressing)
- 4 large romaine lettuce leaves

In medium saucepan with lid bring water to a boil. Add barley and return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Cool. In large salad bowl, combine cooked and cooled barley, chicken, tomatoes, cheese, bacon and torn romaine. Add vinaigrette and toss. Place a large romaine lettuce leaf on each of 4 plates. Mound salad onto each leaf and serve. **Makes 4 servings.**

Per serving: calories 600, protein 56g, carbohydrates 53g, fat 18g, fiber 10g, cholesterol 147mg, sodium 1247mg.



Summer Fruit & Barley Salad

Pretty as a picture and tasty too.

- 3 cups cooked pearl barley, see *Barley Basics*
- 3 to 4 purple plums, pitted and sliced
- 4 to 5 apricots, pitted and sliced
- 1 cup seedless grapes
- 1 cup sliced celery
- $\frac{1}{3}$ cup finely chopped chives
- $\frac{3}{4}$ cup coarsely chopped pecans, toasted
- Honey Dijon Dressing, recipe follows

Combine cooked barley with plums, apricots, grapes, celery and chives; toss lightly and refrigerate to chill. Add pecans and serve with Honey Dijon Dressing. **Makes 6 servings.**

Per serving (salad only): calories 247, protein 4g, carbohydrates 37g, fat 11g, fiber 5g, cholesterol 0, sodium 21mg.

Honey Dijon Dressing

Whisk together $\frac{1}{4}$ cup fresh lemon juice and 1 teaspoon each Dijon mustard and honey. Slowly add $\frac{1}{2}$ cup olive oil, whisking until blended. Stir in $\frac{1}{2}$ teaspoon ground coriander, $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon white pepper. Makes about $\frac{3}{4}$ cup.

Per tablespoon: calories 82, protein 0, carbohydrates 1g, fat 9g, fiber 0, cholesterol 0, sodium 94mg.

Island Barley Salad

Tantalizing taste of the tropics.

Salad

- 3 cups cooked pearl barley, see *Barley Basics*
- 2 cups cooked and cubed turkey or chicken
- 1 cup fresh pineapple cubes
- 1 cup fresh papaya, mango or peach cubes
- $\frac{1}{3}$ cup shredded coconut, toasted
- $\frac{1}{3}$ cup slivered almonds, toasted

Curry Dressing

- 1 cup plain low-fat yogurt
- $\frac{1}{3}$ cup finely chopped chutney
- 1 tablespoon curry powder
- 1 tablespoon fresh lime juice

Combine all salad ingredients in a large bowl; set aside. In a separate bowl, mix together dressing ingredients. Pour dressing over salad and toss gently to coat. Refrigerate salad until chilled. **Makes 4 servings.**

Per serving: calories 326, protein 19g, carbohydrates 41g, fat 10g, fiber 5g, cholesterol 43mg, sodium 180mg.

Barley Bean Toss

A burst of color and flavor.

Salad

- 1 cup pearl barley
- 3 cups water
- 1 can (15- $\frac{1}{4}$ ounces) kidney beans, rinsed and drained
- 1 can (15 ounces) mandarin oranges, drained
- $\frac{2}{3}$ cup finely chopped red onion
- $\frac{1}{2}$ cup chopped red bell pepper
- $\frac{1}{2}$ cup chopped green bell pepper
- 3 tablespoons finely chopped fresh cilantro leaves

Dressing

- $\frac{2}{3}$ cup white wine vinegar
- $\frac{1}{3}$ cup olive oil
- 2 tablespoons granulated sugar
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon chili powder
- 1 teaspoon dry mustard
- 10 drops red pepper sauce

In medium saucepan with lid bring water to a boil. Add barley and return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Combine cooked barley with remaining salad ingredients in large bowl; set aside. In small saucepan combine dressing ingredients and mix well. Heat until mixture bubbles. Pour hot dressing over salad; cover and refrigerate 4 hours or overnight. **Makes 8 servings.**

Per serving: calories 285, protein 7g, carbohydrates 44g, fat 10g, fiber 8g, cholesterol 0, sodium 449mg.

Barley Basics

• To cook pearl barley, bring 3 cups water to a boil. Add 1 cup pearl barley and return to boil. Reduce heat to low, cover and cook for about 45 minutes or until the barley is tender and the liquid is absorbed. Makes about 3 to 3- $\frac{1}{2}$ cups.

• Pearl barley is available in most supermarkets and may be found next to lentils and dry beans.

• Barley is available in other forms including whole grain hulled barley, whole grain hullless barley, barley flour, barley flakes, barley grits and quick cooking barley. These products are in more limited supply and may be found in specialty or natural food stores. Some of these products may also be purchased from small millers or processors via mail order catalogs or online stores.