



Barley Bean Picnic Salad

1 cup pearl barley
3 cups water
1 can (15 ounces) kidney beans, rinsed and drained
1 can (15 ounces) black beans, rinsed and drained
1 can (11 ounces) Mexicorn, drained
3/4 cup chopped red onion
1/4 to 1/2 cup sliced jalapeno chiles
2/3 cup bottled barbecue sauce
3 tablespoons bottled Italian salad dressing
Green cabbage leaves, optional
2 cups (8 ounces) shredded Cheddar cheese
1 cup crumbled tortilla chips

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 bowl, combine cooled barley, beans, corn, red onion and jalapeno chiles. In small bowl, combine barbecue sauce and Italian dressing. Pour dressing mixture over barley salad and toss well to coat. Line a serving bowl with cabbage leaves, if desired. Spoon barley salad into bowl and top with shredded cheese and crumbled tortilla chips. Makes 8 servings.

Per serving: calories 387, protein 17g, carbohydrates 54g, fat 14g, fiber 13g, cholesterol 30mg, sodium 924mg.

