

Toasted Barley, Pepper, Corn and Tomato Salad

Yield: 10 servings

Preparation Time: 45 minutes

Portion Size: 1 cup (about 5 wt oz)

Calories Per Serving: 200 Kcal (410 Kcal if served in 10-inch whole wheat wrap)

STEP 1

As needed	Vegetable spray		Place pot over medium heat, add vegetable spray then add in barley to toast lightly. Add the stock, bring to boil, reduce heat, cover and gently simmer until liquid is absorbed, about 20 to 25 minutes and barley is tender. Once finished, cool and reserve.
6 wt oz	Pearl barley		
20 fl oz	Vegetable stock or water		

STEP 2

6 ½ wt oz	Green bell pepper	charred and peeled, small dice	Combine rest of ingredients with cooked barley and season to taste with salt and pepper. Serve on a salad bar, buffet or other serving line. Can be used in wraps or served as an entrée salad.
11 ½ wt oz	Corn kernels, frozen		
11 ½ wt oz	Tomatoes	seeded and diced	
3 wt oz	Red bell pepper, roasted, canned	chopped	Serving suggestion for entrée salad: arrange salad on ½ cup of spinach leaves with sliced chicken or grilled vegetables.
1 wt oz	Green onions	chopped	
1 tsp	Jalapeno peppers	deseeded and finely chopped	
¾ wt oz	Cilantro	chopped	
1 tbsp	Mint leaves	chopped	
⅓ wt oz	Garlic	minced	
2 fl oz	Lime juice		
1 ¾ fl oz	Extra-virgin olive oil		
2 ½ wt oz	Sunflower seeds, toasted	optional	
to taste	Salt		
to taste	Ground black pepper		