



GROUP RECIPE PRO - USAF - 2

Salad - Toasted Barley & Vegetable

Categories: Grains, Pure Food Bar, Salads

Prep Time: Portion Size:

45 minutes 1/2 cup

Step 1

- 1 qt • Pearl barley
- 2.5 qt • Low Sodium Vegetable stock or water

On a sheet pan, place barley in a single layer, Toast in a 350°F oven for about 15 minutes, until turning light golden brown. Place toasted barley in a 4" hotel pan. Bring stock to a boil and pour over barley, cover with foil and cook in the oven for about 35- 40 minutes or until cooked and liquid is absorbed. Let sit for 15 minutes covered, then cool and store for later use.

Step 2

- 2.5 qt • Green pepper • medium diced and roasted
- 4 qt • Corn kernels, frozen • Roasted
- 2 qt • Fresh tomatoes • small diced
- 2 qt • Scallions • fine sliced
- 2.5 tbsp • Peppers - jalapeño - canned • finely chopped
- 3 tbsp • Kosher salt
- 1 tbsp • Ground black pepper

Combine rest of ingredients with cooked barley and season to taste with salt and pepper.

Step 3

- 1 pt • Base Red Wine Vinaigrette • See recipe

Add red wine vinaigrette into barley and vegetable mixture. Serve on Pure Food Bar.

Nutritional Analysis

Calories	233		
Protein	6g	24	10%
Carbs	50g	200	86%
Fat	2g	18	8%
Cholesterol			
Sodium	124mg		

Information is on a per portion basis.

Notes