



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Corn and Barley Ensalada

Makes: 13 Servings

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Ingredients	Weight	Measure
Water	1 lb 9 oz	3 cups
Salt		1/2 tsp
Whole-grain barley	7 oz	1 cup
Corn, canned, drained	11 5/8 oz	2 cups
Scallions, sliced		1/2 cup
Tomato, chopped		1/2 cup
Cilantro, chopped		1/4 cup
Jalapenos, diced (optional)		2 Tbsp
Garlic, minced		2 cloves
Cider vinegar		3 Tbsp
Vegetable oil		2 Tbsp
Cumin		1/2 tsp
Salt		1/2 tsp
Pepper		1/4 tsp

Directions

1. Bring water and salt to a boil. Add barley and cook for 30 minutes, stirring often. Drain and rinse under cold water. Let cool.
2. Combine cooled cooked barley, corn, scallions, tomato, cilantro, and jalapeno and toss well.
3. Blend garlic, vinegar, vegetable oil, cumin, salt, and pepper until smooth.
4. Pour over salad and toss well to combine. Refrigerate for at least four hours to let flavors blend.

CCP: Cool to 41 °F or lower within 4 hours.

5. Portion with No. 8 scoop (1/2 cup).

My Notes

Source: Saint Paul Public Schools Nutrition Services

Nutrition Information

Nutrients	Amount
Calories	95
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	262 mg
Total Carbohydrate	17 g
Dietary Fiber	3 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	14 mg
Iron	1 mg
Potassium	N/A

N/A - data is not available