

## Ingredients

1/2 cup pearl barley	1/4 tsp salt
1 cup vegetable broth	1/2 onion, chopped
2 Tbsp apple cider vinegar	1 tomato, diced
2 Tbsp olive oil	1/2 red pepper, chopped
1 1/2 tsp Dijon mustard	1/2 cup fresh or frozen corn, thawed
1/2 tsp honey	1/4 cup parsley, chopped
1 garlic clove, minced	1/4 tsp black pepper

## Instructions

In a medium saucepan, bring broth to boil over medium high heat. Add barley and bring back to a boil. Lower heat, cover and simmer for about 30 minutes. Remove from heat and let stand for 10 minutes. Drain liquid and let cool.

In a large bowl, whisk together apple cider vinegar, olive oil, Dijon mustard, honey, garlic and salt to make a smooth dressing.

Add barley, onion, tomatoes, pepper and corn, and toss to coat. Stir in parsley and add some black pepper to serve.

## Nutrition Information Per Serving

Serving Size: 2/3 cup

6 servings

Calories: 130

Fat: 5 gm

Sodium: 140 mg

Fiber: 4 gm

Carbohydrates: 19gm

Protein: 3 gm

Sugars: 3 gm