

Barley Corn Salad

Makes 12 - 2/3 cup servings

amount	unit	Ingredients:
1	cup	pearl barley
2	cups	vegetable broth
4	Tbsp	apple cider vinegar
4	Tbsp	olive oil
1	Tbsp	Dijon mustard
1	tsp	maple syrup or honey
1	each	garlic clove, minced
0.5	tsp	salt
1	each	onion, chopped
2	each	tomatoes, diced
1	each	red pepper, chopped
1	cup	fresh or frozen corn, thawed
0.5	cups	parsley, chopped
0.5	tsp	black pepper

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, maple syrup, 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.

Nutritional Information per serving:

Calories: 130; Carbohydrate: 19g; Fiber: 4g; Sugars: 3.0g; Protein: 3.0g; Fat: 5g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 140mg