

Bean & Barley Salad with Creamy Dill Dressing

Ingredients

For the Salad:

1 can (19 oz) chickpeas

1 can (19 oz) cannellini beans

3/4 cup cooked barley

1/2 red pepper, diced

1/2 cucumber, diced

1/2 red onion

10 fresh basil leaves,
chopped

For the Dressing:

3 Tbsp olive oil

1 lemon, juiced

2 Tbsp greek yogurt

4 garlic cloves, minced

1/4 tsp garlic powder

1/4 tsp dried dill

salt and pepper to taste

Instructions

1. Drain and rinse beans.
2. In large bowl, mix together all salad ingredients.
3. In a small mason jar, shake together all dressing ingredients.
4. Pour dressing over the bean salad and toss well.
5. Chill and serve.

Kitchen Classroom

Barley, like all whole grains, reduces blood pressure. It has also been shown to lower LDL "bad" cholesterol and may help reduce the risk of heart disease.

Recent research indicates that barley has the ability to control blood sugar, offering an important tool against rising rates of diabetes.

Barley has more protein than corn, brown rice, millet, sorghum or rye, and is higher in fiber and lower in soluble (starch) carbohydrates than almost all other whole grains.

Barley may help you feel full longer, and thereby help you control your weight.

Pressed for time? Try quick-cooking barley. Cooks up in only 10 minutes. Watch your family eat it up even faster!

Nutrition Information per serving

Serving Size: 6 servings, 1 cup per serving

Calories: 240

Fat: 9 gm

Sodium: 120 mg

Fiber: 8 gm

Carbohydrates: 32 gm

Protein: 9 gm

