

Vegetable Barley Salad in Cabbage Cups

From Seattle & King County Public Health

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Salads/BarleySalad.aspx>

Ingredients

- 5 cups water
- 1 cup regular barley
- 2 cups frozen corn kernels, thawed
- 1/4 cup white wine vinegar
- 3 tablespoons olive oil
- 1 tablespoon Dijon mustard
- 2 teaspoons fresh oregano, snipped
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground black pepper
- 1 cup red bell pepper, seeded and chopped
- 1/2 cup pitted olives, sliced
- 1 medium sized red or green cabbage

Instructions

1. Bring water to boil in a large saucepan. Add barley then reduce heat and simmer for 50 minutes or until barley is tender, covered.
2. Stir in corn to barley during last 10 minutes of simmering. Drain in a colander and rinse with cold water.
3. In an airtight container, make the dressing by adding the oil, mustard, oregano, garlic, salt and black pepper. Seal tightly then shake until combined.
4. In a large serving bowl, add barley and corn mixture. Stir in red bell pepper and olives. Pour dressing over mixture then gently toss to coat evenly.
5. Carefully peel off 6 cabbage layers forming individual bowls. Fill each cabbage leaf with an equal amount of the barley mixture then serve on salad plates.

Makes 6 servings

Nutrition information per serving

Calories: 279	Dietary Fiber: 11g
Total Fat: 10g	Sodium: 356mg
Saturated Fat: 1g	Protein: 8g
Cholesterol: 0mg	Carbohydrates: 46g

