

BARLEY CORN SALAD

Recipe by Stanford Health Improvement Program

Ingredients

Salad

- ¾ cup uncooked hulled or pearled barley
- 2 cups fresh, canned, or frozen-then-thawed corn kernels
- 1 ½ cup halved cherry tomatoes
- ½ cup minced red onion
- 1 cubed avocado
- salt and pepper to taste
- Optional***: ½ lb chicken breast tenders or store bought rotisserie chicken or luncheon meat

Dressing

- 1 cup cubed tomatoes (you may use chopped cherry tomatoes again)
- 1 clove garlic
- 3 Tablespoons extra virgin olive oil
- 2 Tablespoons red wine vinegar or lemon juice
- 1 Tablespoon red onion
- 2 Tablespoon water

Directions

1. Cook barley in water according to package instructions. You may soak the grains overnight so that they cook faster.
2. When barley is tender, drain to remove any remaining water. Allow barley to cool (may be done a day or more ahead).
3. Puree all salad dressing ingredients.

4. If making chicken, add 1/3 cup of the dressing and chicken breast to a ziplock bag. Marinate for 10 mins. Bake in toaster oven, or pan fry it with some olive oil to prevent sticking. Cut into pieces.
5. Mix together the cooled barley, corn, tomatoes, onion, avocado with enough dressing to coat the mixture. Add chicken and season with salt and pepper to taste.