

Cracked Out Salad

Ingredients:

2 cups Tamalpais cracked barley	½ tsp salt
4 cups chicken breast	2 cups fresh parsley
1 cup red onion	2 cups tomato
2 medium cucumber	4 cloves garlic
2 whole avocado	1 cup basil
1 ½ cups feta cheese	4 Tbsp lemon juice

Instructions:

Boil water, add barley with salt, and boil 3-5 minutes. Drain off excess water. Set aside. Boil water with salt for chicken breast. Add chicken breast to boiling water. Reduce heat to medium, cook till done (no longer pink in the middle). Shred with forks. Remove the stems of parsley and chop. Chop the onion. Chop the tomato with seeds removed. Chop cucumber, avocado and basil. Mince garlic. Mix all chopped veggies and garlic in a bowl. Crumble feta in mixture. Add shredded chicken and barley. Add lime juice and mix together well. Serve.

Servings: 16 Serving Size: 2/3 cup

Calories: 108 Sodium: 108 mg Fat: 3 g Fiber: 3 g