

Mediterranean Salad

Ingredients:

Salad:

1 cup cracked barley
5 cups water
1 cup peeled and diced carrots
1 cup diced zucchini
½ red bell pepper, diced
½ cup diced celery
1/3 cup sun-dried tomatoes, rehydrated if not packed in oil, minced
Salt and pepper to taste

Dressing:

2 garlic cloves, minced
2 Tb olive oil
2 Tb chopped fresh dill
3 Tb fresh lemon juice
3 Tb balsamic vinegar

Instructions:

Bring water to a boil, add barley. Cook barley 10-15 minutes until tender. Drain & rinse 4 times under cold water. Place in refrigerator to chill. Soak dried tomatoes in warm water for 15 minutes, set aside. Dressing: Mix lemon juice, oil, vinegar together in a large bowl. Add minced garlic to dressing. Finely mince the dill and add to dressing. Add soaked sun dried tomatoes. Mix well.

Servings: 14 Serving Size: ½ cup

Calories: 82 Sodium: 182 mg Fat: 2.5 g Fiber: 3 g