



## FEATURED RECIPE:

# Veggie barley salad with orange vinaigrette

### **Ingredients:**

- 1 cup pearl barley
- 1 medium tomato (chopped)
- 2 medium carrots (shredded)
- 1 medium red, orange or yellow bell pepper (seeded and chopped)
- 2 cups fresh spinach (chopped)
- 1 1/2 ounces orange juice
- 3 tablespoons olive or canola oil
- 2 tablespoons apple cider vinegar (or any other mild vinegar)
- 1 teaspoon honey
- Salt and freshly ground black pepper

### **Directions:**

1. Bring a large pot of water to a boil. Add barley and cook, uncovered, until tender, about 40 minutes. Transfer to a large bowl.
2. Add the tomato, carrots, bell pepper and spinach, and stir to combine.
3. In a small bowl, whisk together the orange juice, olive or canola oil, vinegar, honey, salt and pepper. Pour the vinaigrette over the barley salad and mix thoroughly.
4. Refrigerate overnight for best results.

### **Servings: 4**

Calories: 294, Total Fat: 11 g, Saturated Fat: 2 g, Sodium: 81 mg  
Total Carbohydrate: 44 g, Dietary Fiber: 8 g, Protein: 5 g

*Source: USDA Mixing Bowl*