

Add color, fiber, and variety to your diet with grains, beans, lentils, and vegetables.

Easy Greek Barley Salad

1 cup pearl barley	1/2 teaspoon dried oregano
3 cups water	1/4 cup finely chopped onion
Salt	1/4 cup finely chopped fresh parsley
1/3 cup olive oil	2 medium tomatoes, chopped
2 tablespoons fresh lemon juice	1 small green or red bell pepper, chopped
2 tablespoons red wine vinegar	1/2 cup crumbled feta cheese

In medium saucepan with lid bring water and 1 teaspoon salt to a boil. Add barley and return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Combine olive oil, lemon juice, vinegar, oregano and 1/4 teaspoon salt; pour over hot cooked barley. Cool to room temperature. Gently stir in onions, parsley, tomatoes, bell pepper and feta cheese. Serve salad chilled or at room temperature. Makes 6 servings.

Per serving: calories 209, protein 4g, fat 1g, carbohydrates 49g, cholesterol 0, fiber 7g, sodium 95mg.

Barley Lentil Soup

2 to 3 cloves garlic, finely chopped
1 cup chopped onion
2 medium carrots, peeled and chopped
1 stalk celery, chopped
7 cups salt-reduced, fat-free chicken broth divided
1 ½ cups small fresh button mushrooms, sliced
1 cup lentils, rinsed
½ cup pearl barley
1 tablespoon tomato paste
1 ½ teaspoons dried leaf thyme, crushed
1 teaspoon curry powder
1 bay leaf
1 tablespoon finely chopped Italian parsley
2 tablespoons fresh lemon juice
1 tablespoon Worcestershire sauce
1 teaspoon salt
½ teaspoon ground black pepper

Spray 4-quart saucepan with non-stick cooking spray. Add onion and garlic; sauté 4 minutes, stirring occasionally. Add carrots and celery; sauté 3 minutes longer, stirring occasionally. Mix in 6 cups broth, mushrooms, lentils, barley, tomato paste, thyme, curry powder and bay leaf. Bring to a boil. Reduce heat and simmer 60 to 70 minutes or until lentils and barley are tender, but not mushy. Blend in remaining broth, lemon juice, Worcestershire sauce, salt and pepper. Remove bay leaf and serve.

Makes 8 servings.

Per serving: 186 calories, 10g protein, 31g carbohydrate, 10g fiber, 4g fat, 4mg cholesterol, 1092mg sodium.

Italian Style Black Bean Salad

INGREDIENTS

1 (16-ounce) can Black Beans, drained	1 cup tomato, chopped
2 medium zucchini, unpeeled and chopped	1 cup (about 4 ounces) mozzarella or Monterey jack cheese, cut into small cubes
1 clove garlic, minced	
1/3 to 1/2 cup prepared Italian salad dressing	
Salt and pepper to taste	

PREPARATION

Place beans, zucchini, garlic, and dressing in medium, nonmetal bowl. Mix well. Cover and refrigerate for several hours to allow time for the flavors to blend. Add tomato and cheese just before serving. Toss lightly. Serve on a bed of lettuce. Suggestion: Serve with thick slices of lightly buttered Italian bread dashed with garlic salt.

Nutritional Information (per serving)	Servings per recipe: 4
Calories: 395	
Carbohydrates: 481.5g	Protein: 20.5g
Fat: 17.6g	Fiber: 6.6g
Cholesterol: 15.3	Sodium: 419.5m

Edamame Hummus

1 package (16 ounces) frozen shelled Edamame, thawed	1 ½ tablespoons fresh lime juice
2 green onions, roughly chopped (about ½ cup)	1 tablespoon honey
½ cup loosely packed fresh cilantro	2 cloves garlic
3 to 4 tablespoons water	1 teaspoon salt
2 tablespoons canola oil	¼ teaspoon black pepper
	Rice crackers, baby carrots, cucumber slices and sugar snap peas

Combine Edamame, green onions, cilantro, 3 tablespoons water, oil, lime juice, honey, garlic, salt and pepper in food processor; process until smooth. Add additional water if necessary to thin out and smooth dip.

Makes 2 cups. Per 1/4 cup serving: calories 92, protein 4g, fat 5g, carbohydrates 7.4g, cholesterol 0, fiber 2.2mg, sodium 306mg.

Serve with crackers and vegetables for dipping. Store leftover dip in refrigerator up to 4 days. Fix it Quick Cooking for Kids, 2008 Publications International, Ltd.

Quinoa Salad

1 cup quinoa	½ cup orange juice
2 cups water	¼ cup chopped fresh mint
1 cup finely shredded red cabbage	2 tablespoons olive oil
1 cup mixed dried fruit pieces	
¾ cup sliced green onions	
2 teaspoons finely shredded orange zest	

Bring the quinoa and water to a boil in a large sauce pan. Cover and reduce the heat. Simmer for 10 to 15 minutes or until all of the water is absorbed. Stir in the cabbage, dried fruit, green onions, orange zest, orange juice, mint and olive oil. Cook over medium heat until heated through, stirring constantly. Serve warm or at room temperature.

Makes 6-8 servings. calories 238; protein 5g; carbs 42g; total fat 7g; 24% calories from fat; cholesterol 0mg; fiber 5g; sodium 8mg; sugar 16 g.

Living well, More Than a Cookbook, National Extension Association of Family and Consumer Sciences, 2010.

Wheat Berry Broccoli Salad

½ cup wheat berries	¼ cup chopped purple onion
2 cups water	1 cup light mayonnaise
2 bunches broccoli cut into florets	½ cup sugar
2 cups seedless grapes cut into halves	2 tablespoons vinegar
2 tablespoons bacon bits	
½ cup raisins	

Bring water to a boil in a saucepan. Add the wheat berries and reduce the heat. Simmer, uncovered for 1 hour or until cooked through. The wheat berries will retain a firm chewy texture when cooked. Drain and set aside to cool.

Combine the wheat berries, broccoli, grapes, bacon bits, raisins and onion in a large bowl. Mix the mayonnaise, sugar and vinegar in a small bowl. Add to the broccoli mixture just before serving and toss to coat.

Note: the dressing may be made a day ahead and chilled until serving time. One bunch broccoli and one head cauliflower or dried cranberries may be used.

Makes 8 servings. calories 278; protein 6g; carbs 43g; total fat 11g; 33% calories from fat; cholesterol 10mg; fiber 6g; sodium 284 mg; sugar 26 g

Living well, More Than a Cookbook, National Extension Association of Family and Consumer Sciences, 2010