

Easy Greek Barley Salad

Ingredients:

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

Nutritional Information

Makes 6 servings.

Per serving:

Calories 209

Protein 4g

Fat 1g

Carbohydrates 49g

Cholesterol 0

Fiber 7g

Sodium 95mg.