

CORN AND BARLEY ENSALADA

Yield: 13 1/2-cup Servings



NUTRITIONAL INFORMATION PER SERVING

- * Calories: 87
- * Cholesterol: 0 mg
- * Sodium: 242 mg
- * Fiber: 3 g
- * Carbohydrates: 16.5 g
- * Total Fat: 1.75 g
- * Trans Fats: 0

INGREDIENTS

- * 3 cups water
- * 1/2 teaspoon salt
- * 1 cup barley

- * 2 cups corn
- * 1/2 cup sliced scallions
- * 1/2 cup chopped tomato
- * 1/4 cup chopped cilantro
- * 2 tablespoons diced jalepenos (optional)

- * 2 cloves garlic
- * 3 tablespoons cider vinegar
- * 2 tablespoons oil
- * 1/2 teaspoon cumin
- * 1/2 teaspoon salt
- * 1/4 teaspoon pepper

DIRECTIONS

- * Bring water and salt to a boil. Add barley and cook for 30 minutes, stirring often. Drain and rinse under cold water. Let cool.
- * Combine cooled barley, corn, scallions, tomato, cilantro and jalapeno and toss well.
- * Blend garlic, vinegar, oil, cumin, salt and pepper until smooth. Pour over salad and toss well to combine. Refrigerate for at least four hours to let flavors blend.



Recipe courtesy of
Saint Paul Public Schools Nutrition Services