

BARLEY, BUTTERNUT & BLACK BEAN SALAD

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1 cup

Nutrition (per serving)

Calories: 250

Total Carbohydrate: 45

Total Fat: 7.5 g

Dietary Fiber: 10 g

Saturated Fat: 1 g

Protein: 7.5 g

Sodium: 206 mg

Ingredients

1 cup barley

3 Tbsp olive oil

2 leeks, white & light green parts only, thinly sliced

2 cups chopped butternut squash, about ½ medium

¼ cup water

3 Tbsp chopped fresh parsley

1 ¼ cup cooked black beans (about 1 can (15 ounce), rinsed, drained)

½ tsp salt

2 Tbsp fresh lemon juice
¼ tsp freshly ground black pepper
grated lemon peel, garnish

Directions

1. Cook barley per package directions. Rinse and set aside.
2. Meanwhile, heat 2 tablespoons of the oil in a large non-stick skillet over medium high heat. Add leaks and squash and cook, tossing or stirring, until slightly softened and lightly browned, about 10 minutes. Add water and 1 ½ tablespoons of the parsley and cook 2-3 minutes longer. Transfer vegetables to a large bowl.
3. Add barley, black beans, salt, and remaining one tablespoon of olive oil, and 1 ½ tablespoon of parsley. Stir to combine.
4. Season with lemon juice and pepper. Garnish with lemon peel if desired. Can be served warm or cold.