



## Barley Raisin Salad

- 4 cups water
- 1 ¼ cups hulled barley
- 2 medium carrots
- 1 stalk celery
- 2 stalks green onions
- ½ cup raisins
- ½ teaspoon parsley
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 ½ tablespoons olive oil
- 1 ½ tablespoons cider vinegar

1. Put water in large soup pot and put barley in pot. Bring to a boil and then reduce heat to low and cook. Check frequently. Cook until barley is tender, about 55 minutes. Set aside to cool.
2. Wash and dry carrots, celery, and green onions with paper towel. Chop carrots, celery, and green onions.
3. In a large mixing bowl, combine cooked barley, carrots, celery, green onions, raisins, parsley, salt, and pepper. Add olive oil and vinegar and mix well.

Makes 8 portions

Per portion

Calories	160
Carbohydrate	30 grams
Protein	4 grams
Fat	3 grams
Saturated Fat	0
Cholesterol	0
Sodium	167 milligrams
Dietary Fiber	6 grams

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