

Barley



Health Benefits

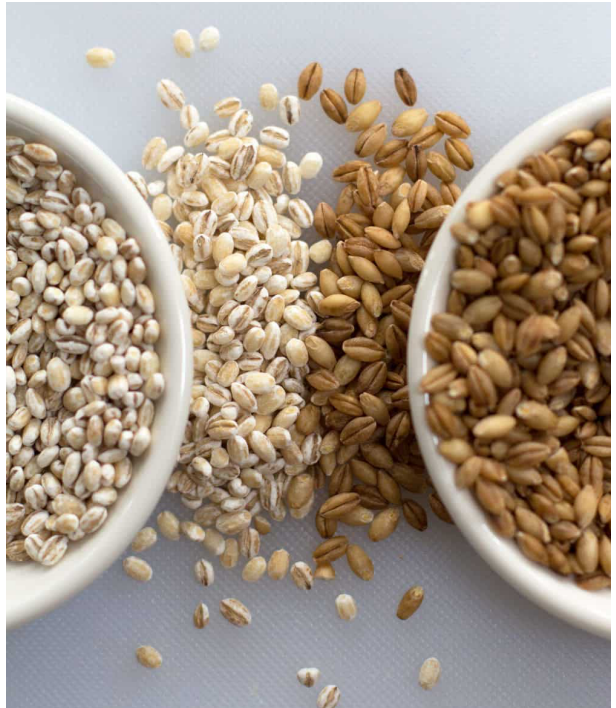
- Excellent source of fibre and rich in nutrients
- Good for cholesterol, heart health and digestive health.

Storage

Uncooked barley should be stored in a cool, dry place. Should be stored in an air-tight container. Cooked barley can be stored for 3 to 5 days in the refrigerator.

Preparation

Combine 3 cups of water per 1 cup of barley and a pinch of salt in a medium saucepan. Bring to a boil over high heat and lower to a simmer. Cook, cover until barley is tender yet chewy, about 25–30 minutes for pearl barley, 40–50 for hulled barley



Barley



Mediterranean barley salad

Ingredients:

3 cups water
Herbs and spices of choice
1 cup uncooked barley
1/4 cup lemon juice
1 teaspoon lemon zest, grated
3 tablespoons olive oil
1 tomato, diced
1 bell pepper, diced
1 cup feta cheese (optional)
2 onions, thinly sliced
Salt and pepper to taste

Directions:

1. *Heat the water and herbs/spices in a saucepan over medium-high heat to a boil. Stir in the barley. Reduce the heat to low. Cover and cook for 45 minutes or until the barley is tender but still chewy. Spread the barley in a thin layer on a large plate and let cool for 15 minutes.*
2. *Beat the lemon juice, lemon zest and olive oil in a small bowl with a fork or whisk.*
3. *Stir the barley, tomato, bell pepper, cheese, onions, and salt and pepper in a large bowl. Add the lemon juice mixture and toss to coat. Cover and refrigerate for 1 hour. Season to taste. Sprinkle with herbs of choice before serving, if desired.*

Servings: 6

*Recipe adapted from cambpell.com

