

Your Healthy Kitchen



 YAVAPAI REGIONAL
MEDICAL CENTER
Proudly Caring for Western Yavapai County

Mediterranean Barley Salad

Makes about 6 cups

- 1 cup hulled barley
- 3 cups water
- 1- 1 ½ pound eggplant, cut into ½ inch slabs
- ¾ pound zucchini, cut into ½ inch slabs
- ½ pint cherry tomatoes, cut in halves or quarters
- 1 pint white button mushrooms, wiped clean with a damp towel
- ⅓ cup sliced Kalamata olives, rinsed
- 1-2 tablespoons olive oil
- 3 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- Zest of one lemon
- 1 tablespoon maple syrup, optional
- 1-2 big pinches of ground coriander
- Salt and pepper to taste
- ¼ - ½ cup chopped fresh mint
- ¼ - ½ cup chopped fresh basil



**For more healthy recipes,
please visit *Your Healthy Kitchen*
via www.yrmchealthconnect.org**

Directions

Place barley and water in a saucepan. Bring to a boil, then lower the heat and cover the pot. Simmer about 40 minutes, until barley is tender.

Meanwhile, heat a grill to medium hot. Brush one side of the eggplant with olive oil and place the oiled side of the eggplant on the grill. Place zucchini and mushrooms on the grill. Cook until veggies have nice grilling marks on them. Turn veggies over and cook until tender. When cool enough to handle, cut veggies into bite-sized pieces and place in a bowl.

Make dressing by combining olive oil, lemon juice and zest, maple syrup, if using, coriander, salt and pepper. Set aside.

When barley is cooked, let cool slightly then add to vegetables in the bowl, along with the olives and dressing. Toss with the fresh herbs and serve at room temperature on a bed of salad greens.

NUTRITION INFORMATION

PER 1 CUP SERVING:

Calories	280
Total Fat	14 g
Saturated Fat	1.5 g
Sodium	260 mg
Total Carbohydrate	34 g
Fiber	9 g

Cost per serving: \$1.30