

BARLEY, LEMON, DILL, FETA SALAD

Serving size: ½ cup

Makes 8 servings

- ¾ cup Barley
- 2 ½ cups Water
- 1 ½ TBSP Lemon Juice
- 1 ½ TBSP Extra Virgin Olive Oil
- 1/8 tsp Kosher Salt
- ¼ tsp Black Pepper
- 1/3 cup Dill Weed, chopped
- 2/3 cup Roma Tomatoes, chopped
- ¼ cup Feta Cheese, crumbled

Preparation:

1. Place barley and water in a medium saucepan and bring to a boil over high heat. Reduce heat to low, cover and cook for about 45 minutes or until barley is tender and most of the liquid is absorbed. Fluff with a fork and set aside.
2. In a large mixing bowl, whisk together lemon juice, olive oil, salt and pepper.
3. Add barley, dill, tomatoes and feta to mixing bowl and toss together.



NUTRITION FACTS

PER SERVING

calories	100
total fat (g)	4
saturated fat (g)	1
sodium (mg)	95
total carbohydrate (g)	15
dietary fiber (g)	2
added sugar (g)	0
protein (g)	2



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