


Barley, Bean and Corn Salad

 Cooking time: 45 minutes
HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: 0.25 ounce equivalents Grains, 1/8 cup Vegetables

NSLP: 0.25 ounce equivalents Grains, 1/8 cup Beans/Peas

SFSP: 0.25 ounce equivalents Grains, 1/8 cup Vegetables

Ingredients	9 Servings		18 Servings	
	Weight	Measure	Weight	Measure
Cooked pearl barley	11 ounces	2 cups	1 pound 6 ounces	1 quart
Kidney beans, canned, drained	10 ounces	1 3/4 cups	1 pound 4 ounces	3 1/2 cups
Corn kernels, canned, frozen or fresh cooked	5 ounces	1 cup	10 ounces	2 cups
Red bell pepper, seeded, diced	6 ounces	1 1/4 cups	12 ounces	2 1/2 cups
Celery, sliced	2.4 ounces	1/2 cup	4.8 ounces	1 cup
Green onions, sliced	0.5 ounce	1/4 cup	1 ounce	1/2 cup
Garlic powder		1/4 teaspoon		1/2 teaspoon
Lemon or lime juice		1/4 cup		1/2 cup
Vegetable oil		2 Tablespoons		1/4 cup
Salt		1/4 teaspoon		1/2 teaspoon
Black pepper		1/4 teaspoon		1/2 teaspoon
Fresh cilantro or parsley for garnish (optional)				



Directions

1. In a large bowl mix barley with remaining ingredients, except the optional garnish.
2. Cover and chill several hours to allow flavors to blend.
3. Garnish with optional cilantro or parsley just before serving.

CCP: Hold for cold service at 41°F or below.
Serve 1/2 cup portions using a #8 scoop.

Notes:

To cook pearl barley:

In a medium saucepan with lid, bring 3 cups water to a boil. Add 1 cup pearl barley and return to a boil. Reduce heat to low, cover, and cook for 45 minutes or until barley is tender and liquid is absorbed. Makes about 3 1/2 cups.

continues

Barley, Bean and Corn Salad, continued

Serving	Yield	Volume
½ cup	9 servings, about 1 pound 12 ounces	9 servings, about 4½ cups
	18 servings, about 3 pounds 8 ounces	18 servings, about 9 cups

Nutrients Per Serving					
Calories	130	Sodium	190 mg	Vitamin A	647 IU
Total Fat	3.7 g	Carbohydrate	21 g	Vitamin C	28 mg
Saturated Fat	0.6 g	Dietary Fiber	5 g	Iron	1 mg
Cholesterol	0 mg	Protein	4 g	Calcium	29 mg