

Barley, Bell Pepper and Corn Salad

Gourmet, Aug 1987

Servings: 8

This may be made up to 8 hours ahead remembering to add the dressing just before serving.

1 cup barley, rinsed and drained
1 cup red bell pepper, chopped
1 1/2 cups corn, fresh, blanched and removed
1/2 cup parsley, fine chopped
2 1/3 tablespoons white wine vinegar
1/3 cup olive oil

1. Cook the barley in a large saucepan of boiling salted water, skimming the froth until tender. Drain and rinse with cold water until room temp.
2. Transfer to a large bowl and add the bell pepper and corn, parsley, salt and pepper.
3. In a small bowl combine the vinegar and oil until it is emulsified, add to salad and serve chilled.

Per Serving (excluding unknown items): 168 Calories; 10g Fat (49.8% calories from fat); 3g Protein; 19g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1 Grain(Starch); 0 Vegetable; 2 Fat; 0 Other Carbohydrates.

