



Mediterranean Barley Salad

Prep: 15 minutes | Cook: 5 minutes | Total: 20 minutes

Yield: 8 servings | Serving Size: ½ cup

Ingredients

- ⅔ cup sliced almonds
- 2 cups cooked pearled barley, chilled
- 1 (15-ounce) can reduced-sodium chickpeas (garbanzo beans), drained and rinsed
- 3 jarred roasted red peppers, diced
- 6 large dates (e.g. Medjool), pitted and diced
- ½ cup crumbled reduced-fat feta

Dressing

- ¼ cup olive oil
- 3 tablespoons red wine vinegar
- 1 garlic clove, minced
- 1 teaspoon dried oregano
- 1 teaspoon smoked paprika

Directions

1. In a small bowl, whisk together the dressing ingredients and set aside.
2. Heat a small pan over medium-low heat.
3. Add the almonds to the pan and toast until light brown and fragrant, about 5 minutes. Transfer the almonds to a medium mixing bowl.
4. Add the cooked and chilled barley, chickpeas, roasted red peppers, and dates to the mixing bowl with the almonds. Stir to combine.
5. Pour the dressing over the barley mixture, whisking to recombine if needed. Toss to coat.
6. Gently fold in the feta cheese.
7. Serve right away, or chill before serving.

Recipe Notes

- Store in the refrigerator for 5-6 days.

Nutrition Facts Per Serving: Calories: 250 | Total Fat: 12 g | Saturated Fat: 1.5 g
Sodium: 300 mg | Total Carbohydrate: 30 g | Dietary Fiber: 5 g | Protein: 7 g

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