

Sweet Citrus Barley Salad



- 2 cups **cooked barley**
- 1/2 cup **fennel**, thinly sliced
- 2 cups **Brussels sprouts**, shredded
- 1 **navel orange**, skin grated, peeled, sectioned, and cut into bite-sized pieces
- 1 bunch **green onions**, thinly sliced
- 1/2 cup **chopped pecans**
- 1/2 cup **feta cheese**, crumbled
- 1 cup **fresh parsley**, stems removed and finely chopped

Dressing

- 1 Tablespoon **apple cider vinegar**
- 2 Tablespoons **extra virgin olive oil**
- 1 Tablespoon **orange juice**
- 2 Tablespoons **orange peel**

- 1 Combine salad ingredients in a large serving bowl and toss lightly.
- 2 Combine dressing ingredients in a small jar with lid and shake well.
- 3 Pour over salad, toss, and serve.

Per serving: 370 calories, 9g protein, 41g carbohydrate (10g fiber), 20g fat (4g sat, 16g mono/poly), 175mg sodium

Serves 4
(8 as a side dish)

SEASONED COOK

Once you understand the portions of the main ingredients, then any grain, green, fruit, nut or cheese can be substituted. To make sure the grain keeps its shape, use a quarter cup less water than the packaged recipe calls for when preparing.