



# MEDITERRANEAN BARLEY SALAD

NIBBLEDISH CONTRIBUTOR

## Ingredients

### MEDITERRANEAN BARLEY SALAD

1 cup barley (pearl or flakes)  
2 cups chicken broth or water  
1/2 cup 1/2" diced cucumbers (English or seedless may be used)  
1/2 cup 1/2" diced tomatoes  
1/4 cup sliced black olives

#### DRESSING:

1/2 cup fresh lemon juice  
salt & pepper to taste  
pinch of sugar if lemon is too tart  
1/8 to 1/4 cup olive oil

## Instructions

Simmer barley in chicken broth for about 20 minutes until cooked.  
Remove from heat, drain and set aside. Combine the cooked barley  
with the rest of the veggies and toss with dressing (below).  
Refrigerate until ready to serve

FOR DRESSING: Whisk dressing ingredients together and pour over salad then toss to  
combine.

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