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.