

BARLEY, CORN, AND BLACK BEAN SALAD

This grain centered salad is a good way to incorporate a new whole grain. This is also a way to use a fresh/frozen mix of vegetables.

SERVES 50 ADULTS

INGREDIENTS

7 ½ cups (3 1/3 lb.) barley
9 ½ cups (2 2/3 lb.) frozen corn
1 #10 can low-sodium black beans, drained and rinsed
2 red onions, diced finely
1 bunch of cilantro, chopped
2 bell peppers, diced small

1 ½ cups oil
1 cup lemon juice
1 ½ tablespoons cumin
1 tablespoon salt
1 tablespoon black pepper

DIRECTIONS

1. In a stock pot, boil barley in plenty of water until done (about 45 minutes). Drain.
2. Thaw corn and cook in hot water for 10 minutes until done. Drain.
3. Combine barley, corn, beans, onion, cilantro, and peppers in large bowl and mix well.
4. Mix oil, lemon juice, and spices together and pour over salad. Taste and adjust seasoning.