

Black Bean & Barley Salad

YIELD: 8 (3/4-cup) servings

Ingredients

3/4 cup Quick-Cooking Barley,
cooked
1 can corn, drained
2 cans no salt added black beans
1 red bell pepper, diced
1/2 cup scallions, chopped
1/2 cup cilantro or parsley, chopped

Dressing

1/3 cup orange juice
1/3 cup cider vinegar
1/4 cup olive oil
1 1/2 tsp ground cumin
1 tsp dried oregano
1 teaspoon garlic, minced
1/2 tsp hot sauce



Directions

1. Combine cooked barley, corn, black beans, bell peppers, scallions, and cilantro.
2. In a small bowl, combine orange juice, vinegar, oil, cumin, oregano, garlic, hot sauce; whisk to blend.
3. Add orange-juice dressing to barley mixture and toss to coat well.