



Eat Well

Tuna Barley Salad

Directions

Expand your whole grain horizons! This recipe works greats with barley, buckwheat, quinoa, or brown rice, just to name a few. The complex carbs in grains can turn a salad into a balanced and filling meal for the whole family!

Cook grains beforehand to allow time to cool. If cooking on the stovetop, bring to a boil and then reduce heat to low, keep covered, and cook for 20-30 minutes or until no bubbles come to the top of the grains. You can also use a rice cooker. Cool in refrigerator or put the pot, uncovered, in cold water.

Chop and toss salad ingredients, add grains, and serve! Mix dressing vigorously and drizzle about 1 Tbsp over each serving before eating.

Servings: 4

Nutrition information per serving:

Calories 326, Total Fat 9g,
Saturated Fat 1.5g, Sodium 530 mg,
Carbohydrates 42g, Fiber 9.5g,
Protein 23g.

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Ingredients

Grains:

- » 3/4 cup hulled barley, buckwheat, quinoa, or brown rice
- » 1 1/2 cup water
- » 1/2 tsp salt
- » 1/2 tsp onion powder
- » 1/2 tsp garlic powder

Salad:

- » 4 cups mixed greens, spinach, or deep green lettuce
- » 2 cans (6 oz each) light tuna canned in water
- » 2 cups cherry tomatoes
- » 1 cucumber
- » 2 oranges

Dressing:

- » 2 Tbsp olive oil
- » 2 Tbsp white balsamic vinegar
- » 1 tsp Dijon mustard
- » 1 tsp lemon juice

