

## Apple Barley Salad

### *Ingredients:*

1 cup pearl barley – prepare according to package directions and set aside  
2 sweet-tart red apples (such as Fuji or Braeburn), diced  
2 Tbsp. unsalted butter  
2 Tbsp. apple jelly  
2 Tbsp. fresh lemon juice  
2 Tbsp. chopped fresh parsley  
4 tsp. sugar  
Salt to taste

### *Preparation:*

Sauté apple in butter in nonstick skillet over medium heat until it starts to soften, about 1 minute. Stir in jelly, lemon juice, parsley, sugar, salt and cooked barley, serve warm. Makes 4 servings.

Nutrients per serving: calories 303, protein 5g, carbohydrates 60g, fiber 10g, fat 6g, cholesterol 15mg, sodium 7mg.