BARLEY IS HEART HEALTHY
- Barley Beta-glucan fiber significantly lowers total cholesterol and LDL cholesterol ("bad" cholesterol) levels reducing the risk of cardiovascular disease.

BARLEY IS A “KEEPER CARB”
- Barley has a very low glycemic index, slowing digestion of all carbohydrates and reducing the rise in glucose and insulin.
- Barley is naturally cholesterol free and low in fat. For example, 1/2 cup of cooked barley contains less than 1/2 gram of fat and only 100 calories.

BARLEY IS A WHOLE GRAIN
- 2005 Dietary Guidelines recommend individuals to eat three servings of whole grains every day.

IT’S EASY TO ADD BARLEY TO YOUR MENU
- Cook a batch of barley at the beginning of the week then use it day by day in soups and salads.
- Except for breakfast, consider cooking barley in broth for added flavor.
- Leftover barley can be added to soups or made into quick salads by adding chopped vegetables or fruit and a little dressing.
- Barley is an excellent ingredient for slow cooking because it retains its nutty texture as it simmers away in the crockpot.

Barley
For your heart.
For your health.
All-Season Barley Salad

1 cup pearl barley
3 cups water
1 tsp salt
1/4 cup bottled Italian dressing
1/4 diced bacon, fried until crisp and drained
1 1/2 cup frozen green peas, thawed
1 cup thinly sliced celery
1/2 cup thinly sliced onion
1/3 cup sliced water chestnuts
1 jar (2 oz.) sliced pimentos, drained
1/4 cup each mayonnaise and sour cream
salt and pepper to taste

Place barley, water and salt in large saucepan. Bring to boil. Cover and cook on low heat for 1 hour or until tender. Drain well. Pour Italian dressing over warm barley and toss to coat lightly. Cover and chill. Add remaining ingredients, except garnish.

FOR CHILLED SALAD: Spoon barley mixture into serving bowl; chill 2 to 3 hours.

FOR A HOT SALAD: Spoon mixture into a baking dish. Bake at 350º F 15 to 20 minutes. Garnish salad with tomato slices. Makes 6 servings.

VARIATIONS: In place of bacon, substitute 1 cup cooked shrimp or 1 can tuna, 3 diced hardboiled egg, 1 cup diced ham, or 1 cup cooked and cubed chicken.

Additional barley recipes can be found at www.barleyfoods.org and www.idahobarley.org