

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.