

Grilled Chicken Kabobs with Greek Barley Salad

Ingredients:

Dressing/marinade (makes about 3/4 cup)

1 tablespoon grated lemon peel
1/2 cup fresh lemon juice
1/3 cup olive oil
3 cloves garlic, finely chopped
1 tablespoon Dijon style mustard
1 teaspoon dried oregano leaves
1/4 teaspoon salt
1/4 teaspoon ground black pepper

Salad

3 cups cooked pearl barley, cooking directions follow
1 can (13-3/4 ounces) artichoke hearts, chopped
1 cup pitted kalamata olives
1 cup (4 ounces) crumbled feta cheese
1/2 cup finely chopped red onion
1/2 cup chopped parsley

Preparation:

Grilled chicken skewers

16 wooden skewers soaked in water
8 boneless skinless chicken breast halves, cut into 1-1/2-inch cubes

Combine dressing/marinade ingredients in small bowl; set aside. Combine salad ingredients in large bowl. Drizzle 1/2 cup dressing/marinade over salad and mix well. Place chicken in sealable plastic bag; pour in remaining dressing/marinade. Seal bag and turn over to coat chicken pieces. Refrigerate for 20 minutes. Remove chicken from marinade and thread onto skewers. Grill or broil 4 to 5 minutes per side or until cooked through. To serve, place a portion of salad on plate and top with 2 chicken skewers. Makes 8 servings.

Nutrients per serving: calories 542; protein 58g; carbohydrates 24g; dietary fiber 3g; fat 22g; cholesterol 159mg; sodium 741mg.

To cook pearl barley

In medium saucepan with lid, bring 3 cups water to a boil. Add 1 cup

pearl barley; return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Makes about 3 to 3-1/2 cups. Place any extra cooked barley in an airtight container and refrigerate or freeze for up to 1 week. Add cooked barley to soups, stews, casseroles and salads for extra fiber and flavor. For best results, bring refrigerated or frozen cooked barley to room temperature before using.