

Barley, Corn and Pepper Salad

Makes 10 servings (1/2 cup each)

Salad Ingredients:

- 1 cup barley, cooked
- 2 cups frozen corn, cooked
- ½ cup diced red bell pepper
- ½ cup diced green bell pepper
- ½ cup sliced green onions

Cilantro dressing:

- 1/3 cup olive oil
- 1/3 cup lemon juice
- ¼ cup chopped fresh cilantro
- ½ tsp. salt
- ½ tsp. Spike (optional)

Directions:

1. Cook barley to desired doneness as directed on package. Drain. Rinse with cold water.
2. In large bowl, combine all salad ingredients; toss well.
3. In large with tight-fitting lid, combine all dressing ingredients; shake well. Pour dressing over salad; toss to combine.
4. Serve at room temperature or chilled. Store in refrigerator.

Recipe courtesy of Chloe Sutcliffe.

Chloe and her husband Jay had a vegetarian restaurant, named The Garden, in my town of Grand Forks years ago and when asked, would share their recipes. This was one of my favorites! I have taken it to many potlucks and it has always been a hit!