



Barley Lime Fiesta Salad

Jacob · 28/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

8

Description

I got a barley salad at ShopRite and loved it so much that I had to make it This easy recipe is what I came up with I enjoyed this alongside my smoked chicken and bacon sandwich with avocado spread it was the perfect complement All the ingredients for the vinaigrette are by eye and to taste

Ingredients

- - 2 cups water - 1 cup pearl barley - 1 (8.75 ounce) can whole kernel corn
- drained - ½ (15 ounce) can black beans
- rinsed and drained - 1 small red onion
- chopped - ½ green bell pepper
- chopped - ½ red bell pepper
- chopped - 1 large carrot
- chopped - 1 stalk celery
- chopped - ¾ chipotle pepper in adobo sauce
- finely chopped
- or to taste - 1 tablespoon canola oil - ½ teaspoon salt - ½ teaspoon ground black pepper - ½ teaspoon ground cumin - ¼ cup water - ¼ cup chopped fresh cilantro - 2 tablespoons light corn syrup
- or to taste - 1 tablespoon canola oil
- or to taste - 1 tablespoon lime juice
- or to taste - 1 tablespoon lemon juice
- or to taste - 1 teaspoon distilled white vinegar
- or to taste - ¼ teaspoon onion powder
- or to taste

Instructions

1. Bring water and barley to a boil in a saucepan over high heat. Cover
2. reduce heat to low
3. and simmer until barley is tender
4. about 30 minutes. Remove from heat
5. drain if necessary
6. and chill barley in the refrigerator. Combine cooled barley
7. corn
8. beans
9. onion
10. bell peppers
11. carrot
12. celery
13. chipotle pepper
14. oil
15. salt
16. black pepper
17. and cumin in a large salad bowl. Make vinaigrette: Whisk together water
18. cilantro
19. corn syrup
20. oil
21. lime juice
22. lemon juice
23. vinegar
24. and onion powder in a medium bowl. Pour vinaigrette over barley mixture and toss to combine. Refrigerate salad until thoroughly chilled.