

BARLEY, BEEF AND BELL PEPPER SALAD

3 c beef or chicken stock, divided	1 jalapeño chile, minced
1 c cooked barley	¼ lb deli roast beef, cut into slivers
4 unpeeled garlic cloves	1 roasted bell pepper, cut into slivers
salt to taste	1 c chopped red onion
1 T extra-virgin olive oil	¼ c minced fresh cilantro leaves
2 T lemon juice	

In a medium saucepan, heat 2 ½ cups stock. Add barley, garlic and salt; stir and bring to a boil. Reduce heat & simmer over low heat for 35 to 40 minutes, until tender but still firm. Spread on a tray or platter to speed cooling. Remove garlic cloves; squeeze garlic from skin. Smash with the flat side of a knife to puree.

To make dressing, place remaining ½ c stock, mashed garlic, oil, lemon juice, chile and salt in a jar with a tight fitting lid; shake until well-blended.

In a large bowl, combine barley, beef, bell pepper, onion and cilantro with dressing. Toss to combine. Serve right away or chill for several hours.
Serves 4 as a main course.

Calories: 124, Carbohydrate: 14 grams, Protein: 7 grams, Fat: 4.5 grams.