

Corn and Barley Salad and Cooked Barley

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VINAIGRETTE DRESSING

1 cup standard vinaigrette
1 tablespoon ground coriander
2 tablespoons ground cumin
1 teaspoon crushed red pepper

SALAD

6 ears corn, shucked and kernels cut off
1 large sweet onion, diced fine
2 large red onions, diced fine
2 Poblano peppers, diced fine
1 bunch cilantro, chopped
2 - 3 large tomatoes, seeds removed and then diced

In a bowl, mix the vinaigrette with the coriander, cumin and crushed red pepper. Set aside.

In another bowl, mix the corn, sweet onion, red onion, Poblano peppers, cilantro and tomatoes.

Add the vinaigrette and adjust the seasoning to taste.

Let the salad sit for several hours or overnight. (If sitting overnight, do not add in the cilantro until just prior to serving to avoid discoloration.)

Per Serving (excluding unknown items): 896 Calories; 13g Fat (11.6% calories from fat); 34g Protein; 194g Carbohydrate; 34g Dietary Fiber; 0mg Cholesterol; 195mg Sodium. Exchanges: 7 1/2 Grain(Starch); 0 Lean Meat; 15 Vegetable; 1/2 Fat.