

Barley, Black Bean and Avocado Salad

Ingredients:

- 1 cup carrot juice
- ½ teaspoon fresh thyme
- ½ tsp. salt
- ⅛ teaspoon cayenne pepper
- ½ cup quick-cooking barley
- 3 tablespoons fresh lemon juice
- 1 tablespoon olive oil
- 1 can (19 ounces) unsalted black beans, rinsed and drained
- 1 cup fresh diced tomatoes
- ½ cup diced avocado



Nutrition Facts

Serving Size 1 cup (227g)
Servings Per Container

Amount Per Serving

Calories 210 Calories from Fat 45

% Daily Value*

Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 34g	11%
Dietary Fiber 9g	36%
Sugars 1g	

Protein 8g

Vitamin A 130% • Vitamin C 25%

Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



*VEGAN



*SOY FREE

Directions:

1. Combine carrot juice, thyme, salt, and cayenne in medium saucepan. Bring to a boil over medium heat, add barley, and reduce to a simmer. Cover and cook until barley is tender, about 15 minutes.
2. Meanwhile, whisk together lemon juice and oil in large bowl. Transfer barley and any liquid remaining in pan to bowl with lemon juice mixture; toss to coat.
3. Add beans and tomatoes and toss to combine. Add avocado and gently toss. Serve at room temperature or chilled. For best flavor, remove from the refrigerator 20 minutes before serving.