

# Barley Salad

## Ingredients:

- 3 tbsp. orange juice, fresh
- 1/8 tsp. kosher salt
- 2 tbsp. extra virgin olive oil
- 4 cup pearl barley, cooked
- 1 small head fennel, julienned
- 1/4 cup pine nuts
- 1/2 cup parmesan cheese, grated
- 1/2 cup cooked stripple, cut into small pieces
- 2 tbsp. parsley, fresh, chopped
- 1/8 tsp. ground pepper



## Nutrition Facts

Serving Size 3/4 cup (177g)  
Servings Per Container 6

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**Amount Per Serving**

**Calories 260**    **Calories from Fat 90**

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**% Daily Value\***

<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 8g	<b>32%</b>
Sugars 1g	
<b>Protein</b> 8g	

Vitamin A 4%    •    Vitamin C 15%  
Calcium 15%    •    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:

		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



## Directions:

1. In a small bowl, whisk together the orange juice and kosher salt.
2. Add the olive oil and whisk to combine. Set aside.
3. Combine the barley, fennel, pine nuts, parmesan, bacon and parsley in large mixing bowl.
4. Add dressing and stir to combine. Serve immediately or allow to sit in refrigerator for up to 1 hour.