

Mediterranean Barley Salad

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/pappadeaux-italian-barley-salad-recipe>

Ingredients:

- 1 package barley Trader Joe's 10 minute, cooked and drained
- 1 cup tomatoes chopped
- 1 cup cucumber seeded & chopped
- 1 can garbanzo beans drained and rinsed
- 1/2 cup red onion finely chopped
- 1/4 cup fresh mint leaves chopped
- 1/4 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1 tablespoon olive oil
- 2 lemon wedges
- 3 red wine vinegar splashes of
- salt
- pepper
- 1/4 cup crumbled feta cheese fat free

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 80 grams
3. Cholesterol: 10 milligrams
4. Fat: 12 grams
5. Fiber: 23 grams
6. Protein: 24 grams
7. SaturatedFat: 3 grams
8. Sodium: 330 milligrams
9. Sugar: 15 grams

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