

Golden Beet and Barley Salad with Rainbow Chard

Yield: 9 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/rainbow-chard-indian-recipe>

Ingredients:

- 4 golden beets medium, tops removed, see Recipe Note
- 1 cup pearl barley
- 1/2 red onion large, minced, about 1 cup
- 1 pound rainbow chard
- 3 tablespoons lemon juice from 1 lemon, divided
- 4 ounces feta crumbled, plus extra for serving
- 2 1/2 tablespoons extra-virgin olive oil divided
- salt
- pepper

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 10 milligrams
4. Fat: 7 grams
5. Fiber: 6 grams
6. Protein: 6 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 370 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Golden Beet and Barley Salad with Rainbow Chard above. You can see more 15 rainbow chard indian recipe Dive into deliciousness! to get more great cooking ideas.