

Herbal Legacy Recipes

Black Bean and Barley Salad

From Cooking Smart for a Healthy Heart

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INGREDIENTS

- 1 cup carrot juice
- 1/2 tsp. thyme
- 1/2 tsp. salt
- 1/8 tsp. cayenne
- 1/2 cup quick-cooking barley
- 3 tbs. fresh lemon (or lime) juice
- 1 tbs. olive oil
- 1 can (19 oz. about 2 cups) black beans rinsed and drained
- 1 cup (or more) diced tomatoes
- 1/2 cup (or more) diced avocado

DIRECTIONS

1. Combine carrot juice, thyme, salt and cayenne in saucepan. Bring to a boil over medium heat; add barley; reduce to a simmer. Cover. Cook until barley is tender (about 15 minutes).
2. Meanwhile, whisk lemon juice and oil in a large bowl. Add barley and any liquid remaining in pan; toss to coat. Add beans, tomatoes and avocado.

Serves four.

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