

Berry Barley Blast Salad

INGREDIENTS

- 2 cups cooked and cooled barley
- 1 tablespoon olive oil
- Juice and zest of 1 lime
- 5 ounces (4 cups) fresh baby spinach
- ¼ cup finely chopped red onion
- 2 tablespoons chopped fresh basil
- 1 avocado, diced
- 2 cups fresh or defrosted berries
- Salt and pepper, to taste (optional)



*Recipe courtesy of the Academy
of Nutrition and Dietetics*

DIRECTIONS

1. In a large bowl, gently mix together olive oil, lime juice and zest, spinach, red onion, fresh basil, salt and pepper.
2. Gently fold in avocado and berries.
3. Serve salad immediately or chill and serve within 2 hours.

Serving size: ½ cup | **Servings:** 10

Nutrition Information: Calories: 106; Total fat: 5g; Saturated fat: 1g; Cholesterol: 0mg; Sodium: 14mg; Carbohydrates: 16g; Fiber: 4g; Sugars: 4g; Protein: 2g; Potassium: 243mg; Phosphorus: 40mg