

## **Barley Salad with Asparagus and Celery**

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**Servings: 6**

**1 cup quick-cooking barley**  
**1/2 pound asparagus**  
**2 stalks celery, diced**  
**6 radishes, thinly sliced**  
**1/3 cup fresh parsley, finely chopped**  
**2 tablespoons fresh mint, chopped**  
**2 tablespoons extra-virgin olive oil**  
**2 tablespoons lemon juice**  
**1 tablespoon white balsamic vinegar**  
**3/4 teaspoon coarse salt**  
**1/4 teaspoon freshly ground black pepper**

Cook the barley according to package directions. Transfer to a large bowl.

Snap off the asparagus ends. Trim the scales and cut the spears diagonally into bite-size pieces (about 1 1/2 cups).

Steam the asparagus on a steamer rack over boiling water for 1 1/2 to 2 minutes, until bright green and just tender. Place under cold running water; drain and pat dry with paper towels.

Add the asparagus, celery, radishes, parsley and mint to the barley.

In a small bowl, whisk together the oil, lemon juice, vinegar, salt and pepper. Pour over the salad and mix gently.

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Per Serving (excluding unknown items): 51 Calories; 5g Fat (76.6% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 251mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1 Fat.