

Sugar Snap Pea and Barley Salad

From – www.eatingwell.com

2 cups water
1 cup quick-cooking barley
8 oz sugar snap peas, trimmed and sliced into matchsticks
½ cup chopped fresh parsley
¼ cup finely chopped onion
2 Tbsp olive oil
2 Tbsp lemon juice
¾ tsp salt
¼ tsp black pepper

- Bring water to a boil in a medium saucepan.
- Add barley and cook, covered, for 10 to 12 minutes, or according to package directions.
- Remove from the heat and let stand, covered, for 5 minutes.
- Rinse the barley under cool water and transfer to a large bowl.
- Add snap peas, parsley, onion, oil, lemon juice, salt and pepper and toss to combine.



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