

Sweet Potato Salad with Barley and Arugula

3/4 cup pearl barley
2-1/2 cups water
1/2 teaspoon Kosher salt
1/2 teaspoon Pepper
1-pound medium sweet potatoes
4-1/2 tablespoon olive oil
3/4 teaspoon ground cumin
3 tablespoons fresh lime juice
1 pinch cayenne
1 small red onion
3-ounce baby arugula
1/2 cup fresh mint or cilantro leaves
Crumbled feta (optional)

1. Heat oven to 450°F. In a medium saucepan, combine the barley, 2-1/2 cups water and 1/2 teaspoon salt and bring to boil. Reduce heat and simmer, covered, until the barley is tender, 20 to 25 minutes. Drain off any remaining water in the pan and spread the barley on a baking sheet to cool.
2. Meanwhile, on a second baking sheet, toss the sweet potatoes with 3 tablespoons oil, 1/2 teaspoon cumin and 1/2 teaspoon each salt and pepper. Roast until golden brown and tender, 15 to 18 minutes.
3. In a large bowl, whisk together the lime juice, remaining 1-1/2 tablespoon oil and 1/4 teaspoon cumin, pinch cayenne and 1/4 teaspoon salt. Add onion, toss and let sit, tossing occasionally for at least 5 minutes.
4. Add the barley to the bowl and toss to combine. Gently fold in the sweet potatoes, then the arugula and mint. Serve with feta, if desired.

Makes: 4 servings

Source: Good Housekeeping

Nutrition Facts

4 servings per container
Serving size 1/4 of recipe

Amount per serving
Calories 380
% Daily Value*

Total Fat 16g 21%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 320mg 14%

Total Carbohydrate 56g 20%

Dietary Fiber 10g 36%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 104mg 8%

Iron 2mg 10%

Potassium 549mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Note: optional ingredients not included