

Recipe Name: Barley and Bean Southwestern Salad

Recipe Category: Meatless Lunch

Portion Size: 1 cup

Ingredients: **Yields:** 8 servings

Ingredients	Notes:
1 (14. 5 oz. can) black beans	Drained and rinsed
1 (14. 5 oz. can) pinto beans	Drained and rinsed
2 cups uncooked barley	
5 1/2 cups water	
1/2 cup green bell pepper	Washed, trimmed and diced
1 cup salsa	
1 cup frozen corn kernels	Thawed
8 green onions with green tops	Washed, trimmed and chopped
1 teaspoon ground cumin	
2 teaspoons chili powder	
2 Tablespoons olive oil	
1 teaspoon salt	
1/4 teaspoon black pepper	
1/2 cup shredded low fat cheddar cheese	For vegan: use vegan cheese

Directions:

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Bring barley and water to a boil in a saucepan.	
2	Reduce heat to medium-low, cover, and simmer until barley is tender and the liquid has been absorbed, 30 to 45 minutes.	
3	In a large bowl combine black beans, pinto beans, barley, bell pepper, corn, salsa, corn, green onions, cumin, chili powder, olive oil, salt and pepper.	
4	Toss to coat. Chill. Top with Cheese and serve.	

Time Temperature Sensitive food. Food safety Standards: Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Cold holding at 41°F or colder or using time alone (less than four hours).

Texture Modified Diets:

Soft & Bite Size: (aka Bite size) **Food particle size 1/2 inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a 1/2" particle size prior to mixing. Moisten with broth as needed. Foods that do not process well should be omitted. Omit: corn and green onion. Cook green pepper until tender.

Chopped: **Food particle size 1/4 inch (~ 1/2 width of standard fork)** Food must be moist. Chop foods with a knife to 1/4" particle size prior to mixing. Moisten with broth as needed. Foods that do not process well should be omitted. Omit: corn and green onion. Cook green pepper until tender.

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch prior to mixing. Moisten with broth as needed. Foods that do not process well should be omitted. Omit: corn and green onion.

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add broth or sauce to puree. Do not add too much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding. Foods that do not process well should be omitted. Omit: corn and green onion.

Serve 1/2 c. plain barley and bean mixture serving separately. Omit corn and green onions.

Therapeutic Modified Diets:

Lowfat: No changes needed

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: No changes needed

Bland/Anti Reflux: Serve 1/2 cup plain barley and 1/2 cup plain beef, chicken or fish.

Liberal House Renal: Serve 1/2 cup SF barley and 2 oz. SF beef, chicken or fish

No Added Salt: No changes needed

2 Gram Sodium: Omit salt

Gluten Free: Substitute brown rice for barley. Prepare foods separately to prevent cross contamination.

Allergy Alerts: When an "X" is present, this indicates the allergen is present. Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
X	X					

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free