

Side | Lunch

Black Bean and Barley Salad

Side Effect: Diarrhea

10 Mins Prep Time

10 Mins Cook Time

Servings

122 Calories 2g Fat 20g Carbs **5g** Protein



Ingredients

2 6 Servings • ½ Cup Serving Size

20 Mins Total Time

Allergens: Gluten

1/4 Cup Quick-Cooking Pearled Barley (1)

1 1/3 Cup Water

1 (15 oz) Can Black Beans, rinsed, omit if bothersome

1/2 Cup Corn, thawed if frozen, omit if bothersome

1/3 Cup Fresh Cilantro, washed and chopped

Juice of 1 Lime

1 Tbsp Extra Virgin Olive Oil

1/4 Tsp Cumin

Salt and Pepper, to taste

Allergen Swap

Gluten Replace barley with brown rice or another gluten-free grain

Nourishment Note



® Barley

Barley is a wonderful source of soluble fiber. Soluble fiber helps to absorb water and add bulk to stool, potentially improving diarrhea symptoms.



® Black Beans

Black beans are a great source of waterabsorbing soluble fiber, which may provide diarrhea relief.



Instructions

1. Wash Hands

Wash hands with soap and water.

2. Cook Barley

Cook barley according to package directions.

3. Combine Ingredients

In a medium bowl, combine the cooked barley, black beans, corn, cilantro, lime juice, extra virgin olive oil, cumin, salt, and pepper. Stir until evenly mixed.

4. Serve and Enjoy

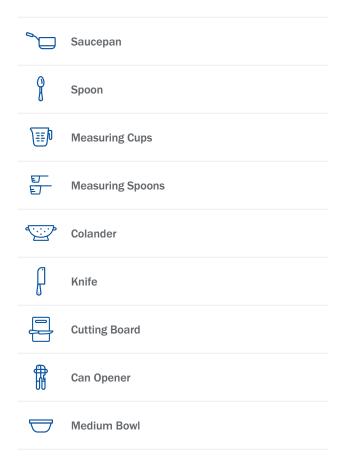
Serve at room temperature or place in the refrigerator and serve cold.

5. Wash Hands

Wash hands with soap and water.

Recipe adapted from: eatingwell.com

What You'll Need



Fatigue Buster

• Store leftover salad, in an airtight container, in the fridge for up to 3 days.