
Pesto Barley Salad

Note - Must be chilled 4 to 24 hours before serving.
Six servings

Quantity	Ingredients	Preparation Notes
1 1/2 C	Water	• Heat water and salt to boiling
1/4 tsp	Salt	• Slowly add barley
1 C	Quick Cooking Barley	• Return to a boil
	Bite Sized Fresh Broccoli	• Reduce heat
1 C	Florets or Frozen Cut Broccoli	• Cover and simmer for 10 - 12 minutes until tender
1/2 C	Sweet Red or Green Pepper, chopped	• Rinse barley with cold water, drain
1/4 C	Mayonnaise or Salad Dressing	• Cook broccoli in small amount of boiling salt water about 4 minutes till tender, then drain
1/4 C	Creamy Parmesan Salad Dressing	• In a large bowl, stir together barley, broccoli and sweet pepper
1/4 C	Pesto (purchased)	• For dressing, stir together mayonnaise, salad dressing and pesto
	Lettuce Leaves	• Pour dressing over barley mixture to coat
		• Cover and chill for 4 to 24 hours before serving
		• To serve, line bowls with lettuce leaves and spoon barley mixture into lettuce.