

VYP

Vary Your Protein Recipe Series

Recipe Category: Cold Main Dish

Cool 'n Crunchy Meat, Barley and Veggie Salad

Yield: 2 servings, about 2 1/2 cups each

- 1/2 cup cooked and cooled barley, quinoa or rice
 - 1 tablespoon instant chopped onion
 - 1 tablespoon peanuts, preferably unsalted and dry-roasted
 - 1 tablespoon grated Parmesan cheese
 - 1 tablespoon dried parsley flakes
 - 1/4 teaspoon ground black pepper
 - 1/8 teaspoon dried red pepper flakes, or more if desired
 - 3 tablespoons reduced fat "light" ranch salad dressing
 - 1/2 cup chopped or shredded raw carrots
 - 1/4 cup chopped sweet bell pepper, any color
 - 1/4 cup chopped celery, cucumber or zucchini squash
 - 1/4 cup frozen whole kernel sweet corn
 - 1/2 cup cooked dry beans, any kind (such as kidney, garbanzo, navy or black), cooked without added salt, rinsed and drained
 - 3 ounces (about 2/3 cup) cooked chopped meat, without bones and trimmed of fat, such as chicken, turkey, beef or pork
 - 2 cups chopped or torn fresh salad greens, such as romaine or spinach
1. Wash your hands and work area.
 2. In a mixing bowl, gently stir together all ingredients except salad greens.
 3. To serve, place half of the greens on a dinner plate and top with half of the salad mixture.
 4. Cover and refrigerate leftovers within two hours.



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Meal suggestion:

Serve with applesauce, whole wheat bread, and low-fat milk.

This low cholesterol cold main dish is an excellent source of vitamins A and C, dietary fiber and iron, and a good source of calcium.

Nutrition Facts

Serving Size about 2 1/2 cups (287g)
Servings Per Container 2

Amount Per Serving

Calories 310 Calories from Fat 80

% Daily Value*

Total Fat 9g 14%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 310mg 13%

Total Carbohydrate 37g 12%

Dietary Fiber 8g 32%

Sugars 5g

Protein 22g

Vitamin A 170% • Vitamin C 50%

Calcium 15% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

2 1/2 carbohydrate choices per serving.

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition/. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS**. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Jan. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.