

Mediterranean Barley w/ Chickpeas & Arugula

Ingredients:

- 1 cup Uncooked pearl barley
- 1 cup Packed arugula leaves
- 1 cup Finely chopped sun-dried tomatoes, packed without oil
- 1 can No salt added chick peas (rinsed & drained)
(15 1/2-ounce) can
- 2 TBSP. Fresh lemon juice
- 2 TBSP. Extra virgin olive oil
- 1 tsp. Salt
- 1/2 tsp. Crushed red pepper
- 2 TBSP. Chopped pistachios

Procedure:

1. Cook barley.
2. Combine barley, arugula, bell pepper, tomatoes and chickpeas in a large bowl.
3. Combine lemon juice, oil, salt, and crushed red pepper, stirring with a whisk. Drizzle over barley mixture, and toss. Sprinkle with pistachios.