

Side | Lunch

Black Bean and Barley Salad

Side Effect: Diarrhea

10 Mins
Prep Time

10 Mins
Cook Time

6
Servings

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



Ingredients

6 Servings • **½ Cup** Serving Size **20 Mins** Total Time **Allergens: Gluten**

¼ Cup Quick-Cooking Pearled Barley

1 ⅓ Cup Water

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

½ Cup Corn, thawed if frozen, omit if bothersome

⅓ Cup Fresh Cilantro, **washed** and chopped

Juice of **1** Lime

1 Tbsp Extra Virgin Olive Oil

¼ Tsp Cumin

Salt and Pepper, to taste

Allergen Swap

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



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 water-absorbing soluble fiber, which may provide diarrhea relief.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

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 Dishes

Wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from: [eatingwell.com](https://www.eatingwell.com)

What You'll Need



Saucepan



Spoon



Measuring Cups



Measuring Spoons



Colander



Knife



Cutting Board



Can Opener



Medium Bowl

Fatigue Buster

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