



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 1/3 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



#### **®** 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 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

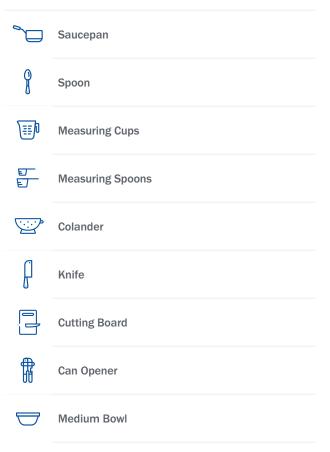
Serve at room temperature or place in the refrigerator and serve cold.

#### 5. Wash Dishes

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

Recipe adapted from: eatingwell.com

## What You'll Need



#### **Fatigue Buster**

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