

Barley Tabbouleh

About this Recipe

Meal: Other, Side

Serves: 2 servings

Prep time: 10 minutes, plus 2 hours soaking

Cook time: 25 minutes

Category

Dietary Preference

- ✓ Dairy-Free
 - ✓ Low FODMAP
 - ✓ Nut-Free
 - ✓ Omnivore (Everything)
 - ✓ Pescatarian
 - ✓ Vegan
 - ✓ Vegetarian
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Nutrition Information

Serving Size: half of recipe

Calories: 346

Protein: 11 grams (¼ hand)

Fat: 13 grams (1 thumb)

Low Carb: 0 grams

Moderate-High Carb: 48 grams (2 ½ cupped hands)



Registered Dietitian's Notes

Barley is a whole grain that is rich in B vitamins, iron, and magnesium. Barley's high fiber content contributes to healthy digestion by moving food through the gut and supporting the population of good gut bacteria. The addition of hummus and Greek yogurt add extra protein to this flavorful salad.

Ingredients

- ½ cup pearl barley
- 2 cups (500ml) water
- 1 cup cucumber, chopped
- 1 cup cherry tomatoes, halved
- 2 tablespoons fresh mint, finely chopped
- 2 tablespoons parsley, finely chopped
- ½ teaspoon cumin seeds
- 1 tablespoon olive oil
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 lemon
- ¼ cup homemade [hummus](#)
- 2 tablespoons plain Greek yogurt



Directions

1. To speed cooking time, soak the barley for an hour or two before cooking. (If you miss the soaking step, just rinse the barley in a sieve under running water before cooking.) Strain off the water the barley was soaking in and place the barley in a medium-sized pot with 2 cups (500ml) of water and $\frac{1}{2}$ teaspoon salt.
2. Bring to a simmer and cook uncovered for 25–30 minutes.
3. Slice the cucumber into cubes and halve the baby tomatoes.
4. Finely chop the mint and parsley and toast the cumin seeds in a dry pan for 2 minutes.
5. Check on the barley. When it is done, the grain should be soft but hold its shape, and it will be chewy in texture. All of the liquid should be absorbed. Strain off any excess water and allow the barley to cool for 10 minutes.
6. Mix the cooled barley in a bowl with the cucumber, tomatoes, chopped herbs, cumin seeds, olive oil, and a little salt and pepper. Zest in $\frac{1}{2}$ teaspoon of lemon rind and fold all the ingredients together.
7. To dish up the salad, spread the hummus around the base of both plates. Top with the barley and vegetables, and serve with Greek yogurt on the top or on the side.

Serving Suggestion

This salad goes well with pitas and falafel. It also serves as a good side to our [Beef Meatballs with Tomato sauce](#).