

August 2020



{ Barley, Bean & Corn Salad }

Ingredients:

- 2 cups cooked barley
- 1 can kidney beans, drained
- 1 cup corn
- 1 large red bell pepper, seeded & finely chopped
- 1/2 cup sliced celery
- 1/4 cup sliced green onion
- 1 clove garlic, finely chopped
- 1/4 cup fresh lemon or lime juice
- 2 tablespoons oil

Directions:

1. Mix barley with remaining ingredients, except garnish, in a large bowl.
2. Cover & chill several hours or overnight to allow flavors to blend.
3. Garnish with cilantro or parsley sprigs, if desired & serve.

Refrigerate leftovers within 2 hours.

Nutrition Facts: Serving size: 1/2 cup; 120 Calories; 3g Total Fat; 0g Saturated Fat; 160mg Sodium; 19g Total Carbohydrates; 5g Fiber; 2g Sugars; 4g Protein

Recipe & photo adapted from [FoodHero.org](https://www.foodhero.org)

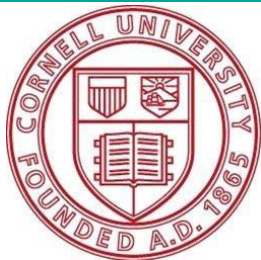
{ What's in season in WNY? }

- Broccoli
- Brussel Sprouts
- Cabbage
- Cauliflower
- Corn
- Cucumbers
- Kale
- Lettuce
- Potatoes
- Squash
- Tomatoes

{ How do you cook Barley? }



In medium saucepan with lid, bring 3 cups water to a boil. Add 1 cup barley and return to boil. Reduce heat to low, cover, and cook 45 - 60 minutes or until barley is tender and liquid is absorbed. Makes about 3 to 3 1/2 cups. Place any extra cooked barley in an airtight container and refrigerate for up to a week or freeze. Add cooked barley to soups, stews, casseroles and salads for a healthful fiber boost.



Do You Know Whole Grains?

- Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the **Grains Group**.
- Grains are divided into two subgroups: **Whole Grains** & **Refined Grains**.
 - **Whole Grains** contain the entire grain kernel—the bran, germ, & endosperm. Examples: Whole grain wheat flour, bulgur, oatmeal, brown rice, & popcorn.
 - **Refined Grains** have been milled, a process that removes the bran & germ. This is done to give grains finer texture and improve their shelf life, but it also removes dietary fiber, iron, & many B vitamins.



For more SNAP-Ed information:
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Also be sure to visit www.snapedny.org for recipes, and more tips & tricks to eating healthy on a budget!



Summer Vegetable & Pasta Salad

Ingredients:

- 3 cups uncooked whole wheat pasta
- 1 cup chopped broccoli
- 1 cup peeled & diced cucumber
- 1 cup sliced summer squash
- 3/4 cup Italian salad dressing

Directions:

1. Cook pasta according to package directions. Rinse with cold water. Place in large bowl.
 2. Add remaining ingredients & mix well
- Refrigerate leftovers within 2 hours.

Nutrition Facts: Serving size: 1 cup; 220 Calories; 3g Total Fat; 0g Saturated Fat; 230mg Sodium; 43g Total Carbohydrates; 5g Fiber; 1g Sugars; 8g Protein

Recipe & photo adapted from FoodHero.org

