

# Fresh Corn Salad



4 cups barley, cooked  
1 cup frozen com, thawed  
1 cup green onion, sliced  
½ cup red bell pepper, chopped  
½ cup green bell pepper, chopped  
½ lime peel, grated  
2 Tbs lime juice  
½ cup balsamic vinegar  
3 Tbs vegetable oil  
1 ½ tsp dill weed  
½ tsp salt

1. Prepare barley according to package directions. Let cool.
2. Combine barley, corn, onion and peppers together in a large bowl.
3. To prepare dressing combine lime peel, juice, vinegar, oil, salt and dill in a small bowl. Whisk to blend.
3. Pour dressing over corn mixture. Toss well.
4. Cover and refrigerate.

Makes 12 Servings. Per serving: Cal 124, Fat 4g, Chol 0mg, Sod 94mg, Carb 22g, Pro 2g

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