



Weekly Recipe Challenge



Bacony Barley Salad with Marinated Shrimp *(courtesy of EatingWell)*

Here's a great example of how to cook a healthy dish in minutes - simply cook the bacon in the same pan as the barley to enrich the flavor, add some purchased cooked shrimp, a few aromatic vegetables, and you've got dinner (or a hearty potluck dish) in no time flat.

4 servings (1 1/2 Carbohydrate Serving), **1 3/4 cups each** | **Active Time:** 40 minutes | **Total Time:** 40 minutes



Ingredients

- 3 strips bacon, chopped
- 1 1/3 cups water
- 1/2 teaspoon salt
- 2/3 cup quick-cooking barley
- 1 pound peeled cooked shrimp, (21-25 per pound; thawed if frozen), tails removed, coarsely chopped
- 1/3 cup lime juice
- 2 cups cherry tomatoes, halved
- 1/2 cup finely diced red onion
- 1/2 cup chopped fresh cilantro
- 2 tablespoons extra-virgin olive oil
- Freshly ground pepper, to taste
- 1 avocado, peeled and diced

Make Ahead Tip: Prepare without avocado, cover and refrigerate for up to 2 days. Stir in the avocado just before serving.



Instructions

1. Cook bacon in a small saucepan over medium heat, stirring often, until crispy, about 4 minutes. Drain on paper towel; discard fat.
2. Add water and salt to the pan and bring to a boil.
3. Add barley and return to a simmer. Reduce heat to low, cover and simmer until all the liquid is absorbed, 10 to 12 minutes.
4. Combine shrimp and lime juice in a large bowl.
5. Add the cooked barley; toss to coat. Let stand for 10 minutes, stirring occasionally, to allow the barley to absorb some of the lime juice.
6. Add tomatoes, onion, cilantro and the bacon; toss to coat.
7. Add oil and pepper and toss again.
8. Stir in avocado and serve.



Nutritional Information (per serving) Exchanges: 1 starch, 1 vegetable, 4 very lean meat, 3 fat

- **Calories** 393
- **Carbohydrates** 3g (Fiber 7g)
- **Cholesterol** 235mg
- **Fat** 19g (3g Saturated Fat; 11g Monounsaturated)
- **Sodium** 752mg
- **Potassium** 859mg
- **Protein** 35g