Tuna, Barley & Corn Salad

Ingredients:

- 1 cup pearl barley*
- 3 cups low-sodium vegetable (or chicken) broth
- ½ cup corn kernels (canned or fresh cooked)
- 2 tomatoes, seeded and diced
- 2 green onions, chopped
- 3 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- ½ tsp ground cumin
- salt and pepper to taste
- ¼ cup fresh basil, sliced
- (1) 5 oz can albacore tuna, packed in water

Preparation:

1. In a large saucepan, bring broth to a boil. Add barley and cook, stirring often for 30–40 minutes. Do not overcook the barley – it should be firm and chewy, not mushy. Drain barley in a mesh sieve, rinse under cold water and let drain until cool.

2. Transfer the cooled barley to a large bowl. Add the corn, green onions, and tomatoes; toss ingredients well.

3. In a small bowl whisk together, remaining ingredients until combined. Pour dressing over salad, and toss well to combine ingredients thoroughly. Can be made and refrigerated the night before.

4. Before serving, stir in basil and avocado, and allow salad to come to room temperature, if chilled, top with tuna.

* If using pot or Scotch barley, increase cooking time to 60 minutes. If using hulled barley, soak overnight and reduce cooking time to 45 minutes.