

Tabbouleh with Barley and Chickpeas

Alberta Health Services recommends limiting sodium to less than 2300 mg per day. This tasty and exotic recipe uses onion, herbs, spices and lemon juice for flavour instead of salt.



Ingredients:

1/3 cup	Dry pearl or pot barley	75 mL
1 bunch	Curly or Italian flat-leaf parsley, chopped (discard stems)	1 bunch
2	Green onions, chopped	2
1/4 cup	Fresh mint, chopped (optional)	60 mL
2 cups	Grape tomatoes, halved	500 mL
1/2 of 19 ounce can	Chickpeas, rinsed and drained (or 1 1/4 cup cooked chickpeas)	1/2 of 540 mL can
1/4 cup	Red onion, finely chopped	60 mL
1	Lemon, juiced (or more to taste)	1
2 Tbsp	Extra-virgin olive oil	30 mL
1/2 tsp	Freshly ground pepper	2 mL

Directions:

1. Cook barley in a small pot of boiling water until tender, about 40 minutes. Drain well and set aside to cool.
2. Transfer to a bowl and add the parsley, green onion, mint, tomatoes, chickpeas and red onion. Drizzle with lemon juice and olive oil, sprinkle with freshly ground pepper and toss.
3. Tabbouleh is best chilled for at least an hour before serving, and keeps well in the fridge for a few days.

Makes 4 servings (250 mL/ 1 cup/ 205 g)

Source: developed by Julie van Rosendaal for Apple, Alberta Health Services' health and wellness magazine. Photo credit: Apple magazine/AHS.

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Nutrition Facts	
Per 1/4 recipe (250 mL / 1 cup / 205 g)	
Amount	% Daily Value
Calories 240	
Fat 9 g	14 %
Saturated 1 g + Trans 0 g	5 %
Cholesterol 0 mg	
Sodium 34 mg	1 %
Carbohydrate 34 g	11 %
Fibre 6 g	24 %
Sugars 6 g	
Protein 8 g	
Vitamin A	100 %
Vitamin C	100 %
Calcium	8 %
Iron	30 %

Nutrient Claim	Amount per serving
Very high in fibre	6 g
Low in saturated fat	1 g
Low in sodium	25 mg
Very high in potassium	585 mg
Source of calcium	88 mg
Very high in magnesium	65 mg
Very high in folate	154 mcg
Very high in iron	4.2 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1
Grain Products	1/4
Milk and Alternatives	0
Meat and Alternatives	1/2

This is a Choose Sometimes recipe (Mixed Dish–Vegetarian) according to the Alberta Nutrition Guidelines.