

**Example Grain
Lunch/Dinner
Recipe:**

**Sweet Potato
Barley Salad**



Ingredient	Approx. Cost*
1 box of Barley (medium)	\$1.99
1 medium sized sweet potato	\$0.89
1 15 oz. can of black beans	\$0.89
1 red bell pepper	\$1.99
1 red onion	\$0.89
1 bunch of cilantro	\$0.89
Seasonings: salt, pepper, chili powder, cumin honey, olive oil	\$1.00**
Total	\$9.52

of servings: 8 **Cost per serving: \$1.19**

*Based on Peapod's on-line pricing as of 2/09.

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions:

- 1 sweet potato, peeled and cut into 1 inch chunks
- 1 cup cooked barley (cook in rice cooker)
- 1 15-oz can black beans, drained and rinsed
- 1/2 red bell pepper, diced
- 1/2 red onion, diced

Dressing

- 2 limes, juiced (about 1/4 cup)
- 3 Tablespoons olive oil
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/4 cup chopped cilantro
- 1 tsp. honey
- salt / pepper - start with 1/4 tsp. sprinkle on to taste

Place sweet potatoes on rack in rice cooker. Add 1/2 cup water. Turn the rice cooker on and steam potatoes until button pops, about 10 minutes.
 While potatoes are steaming, make the dressing: combine all ingredients and whisk.
 Put sweet potatoes in a large bowl and all the remaining ingredients. Pour dressing over and gently toss.
 Taste for any additional seasonings.
 Serve warm or at room temperature.

Nutritional Information per Serving:

Calories		158
Total Fat	5.5	g
Saturated Fat	0.8	g
% of daily total	3.6	%
Carbohydrates	25.9	g
Protein	4.1	g
Fiber	4.4	g

% of daily total	
Vit A	20 %
Vit C:	16 %
Calcium:	4 %
Iron	8 %
Good source of*	<i>Vitamin A, Vitamin B₆, Vitamin C, Magnesium, Phosphorus, Thiamin, Zinc</i>
*(10% or more of the)	