

Whole Grain Lunch/Dinner Recipe

Rice Cooker

Sweet Potato Barley Salad



Ingredient	Approx. Cost*
1 cup of Barley (medium)	\$0.33
1 medium sized sweet potato	\$0.89
1 15 oz. can of black beans	\$0.89
1/2 red bell pepper	\$1.00
1/2 red onion	\$0.45
1 bunch of cilantro	\$0.30
Seasonings: salt,pepper, chili powder, cumin honey, olive oil	\$1.00**
Limes	\$1.20
Total	\$6.06

of servings: 8 **Cost per serving: \$0.75**

*Based on Peapod's on-line pricing.

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

Directions: Peel and cut sweet potato into 1 inch chunks. 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: 2 limes, juiced (about 1/4 cup), 3 Tbsp. olive oil, 1 teaspoon chili powder, 1/2 tsp. ground cumin, 1/4 cup chopped cilantro, 1 tsp. honey, salt / pepper - start with 1/4 tsp. sprinkle on to taste. 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)		

based on 2000 calorie diet

