

# **Greek Salad and Barley Salad**

## **Ingredients**

### **Salad:**

- 2 (6-ounce) skinless, boneless chicken breast halves
- 1/8 teaspoon kosher salt
- 1 teaspoon olive oil
- 4 cups fat-free, less-sodium chicken broth, divided
- 1 cup uncooked pearl barley
- 2 cups cubed seeded cucumber
- 1 cup grape tomatoes, halved
- 1/2 cup cubed yellow bell pepper
- 1/3 cup reduced-fat feta cheese
- 1/4 cup chopped pitted kalamata olives

### **Dressing:**

- 3 tablespoons extra-virgin olive oil
- 1 teaspoon grated lemon rind
- 2 tablespoons fresh lemon juice
- 1 tablespoon minced fresh basil
- 1 teaspoon minced fresh thyme
- 1 teaspoon red wine vinegar
- 1/2 teaspoon kosher salt
- 3 garlic cloves, minced

## **Preparation**

To prepare salad, sprinkle chicken with 1/8 teaspoon salt. Heat 1 teaspoon oil in a nonstick skillet over medium-high heat. Add chicken; cook 2 minutes on each side or until browned. Add 1 cup broth; cover, reduce heat, and simmer 10 minutes or until done. Cool; shred chicken. Discard broth.

Bring 3 cups broth to a boil in a large saucepan; add barley. Cover, reduce heat, and simmer 35 minutes or until liquid is absorbed. Fluff with a fork. Cool. Combine chicken, barley, cucumber, and next 4 ingredients (through olives) in a large bowl.

To prepare dressing, combine 3 tablespoons oil, rind, and remaining ingredients; stir well. Add to barley mixture; toss well. Cover and chill.