

MEDITERRANEAN BARLEY WITH CHICKPEAS AND ARUGULA

from [myrecipes.com](https://www.myrecipes.com)

(4 servings)

Ingredients

- 1 cup uncooked **pearl barley**
- 1 cup packed **arugula leaves**
- 1 cup finely chopped **red bell pepper**
- 3 Tbsp finely chopped sun-dried **tomatoes**, packed without oil
- 1 (15 ½-oz) can no-salt added **chickpeas**, rinsed and drained
- 2 Tbsp fresh **lemon juice**
- 2 Tbsp extra-virgin **olive oil**
- 1 tsp **salt**
- ½ tsp crushed **red pepper**
- 2 Tbsp chopped **pistachios**

Preparation

- 1.** Cook barley according to package directions, omitting salt.
- 2.** In a large bowl, combine barley, arugula, bell pepper, tomatoes, and chickpeas.
- 3.** Combine lemon juice, oil, salt, and crushed red pepper, stirring with a whisk. Drizzle over barley mixture, and toss. Sprinkle with pistachios.