

Imperial Chicken Barley Salad

Prep Time: 0

Ready In: 0

Cook Time: 0

Servings: Six

E-FoodStorage.com

Ingredients

8 oz Plain low fat yogurt

1 Small Garlic

3 Cup Cooked barley

10 oz Frozen peas

1 Red pepper

2 TBS Low sodium soy sauce

1/2 tsp Ground Ginger

3/4 Cup Cooked chicken breasts

9 oz Water chestnuts

1 Lettuce leaves

Directions

- 1 In a large bowl, combine yogurt, garlic and ginger, mix well.
- 2 Stir in barley, chicken, pea pods, water chestnuts and chopped red peppers, mix until evenly coated.
- 3 Chill for several hours, serve over a bed of lettuce leaves.