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.