

Beef, Mango & Barley Salad

Total Recipe Time: 1-1/2 hours

- 1 beef tri-tip roast (1-1/2 to 2 pounds)**
- 2 medium red bell peppers, cut into 1-1/2 inch pieces**
- 1 teaspoon sweet paprika**
- 1 cup uncooked quick-cooking barley**
- 1/2 teaspoon salt**
- 1/4 teaspoon black pepper**
- 1/3 cup lime juice**
- 1 teaspoon olive oil**
- 1/2 teaspoon sweet paprika**
- 2 medium mangoes, cut into 1/2 inch pieces**
- 1/3 cup chopped green onions**
- 1/4 cup chopped fresh cilantro**
- 4 large Boston lettuce leaves (optional)**



1. Heat oven to 425°F. Place bell peppers on metal baking sheet; spray with nonstick cooking spray. Set aside.
2. Press 1 teaspoon paprika evenly onto all surfaces of beef roast. Place roast on rack in shallow roasting pan. Do not add water or cover. Roast in 425°F oven 30 to 40 minutes for medium rare; 40 to 45 minutes for medium doneness. Roast bell peppers in oven with beef about 30 minutes or until tender. Set peppers aside to cool.
3. Remove roast when instant-read thermometer registers 135°F for medium rare; 150°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)
4. Meanwhile, cook barley according to package directions. Set aside to cool slightly.
5. Cut beef into 1/2 inch pieces; season with salt and black pepper. Whisk lime juice, oil and 1/2 teaspoon paprika in small bowl until blended. Toss with beef, barley, roasted peppers, mangoes, green onions and cilantro in large bowl. Serve in Boston lettuce leaves, if desired.

Makes 6 to 8 servings

***Cook's Tip:** To quickly cool barley and prevent it from clumping, spread on metal baking sheet.*

***Cook's Tip:** Mango adds an interesting punch to this salad, both with its sweetness and with a boost of vitamin C.*

Nutrition information per serving: 309 calories; 9 g fat (3 g saturated fat; 4 g monounsaturated fat); 60 mg cholesterol; 246 mg sodium; 35 g carbohydrate; 4.3 g fiber; 26 g protein; 8.4 mg niacin; 0.8 mg vitamin B₆; 1.3 mcg vitamin B₁₂; 2.3 mg iron; 27 mcg selenium; 4.7 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc; and a good source of fiber and iron.