

## BARLEY FOODS FOR ALL OCCASIONS

### TAKING CHARGE OF YOUR HEART'S FUTURE

The U.S. Food and Drug Administration has determined that soluble fiber from barley, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Whole grain barley as well as dry milled barley products, such as pearled barley kernels, flakes, grits and flour that provide at least 0.75 grams of soluble fiber per serving, qualify under this new health claim.

Barley contains key components that have been shown to provide specific nutritional benefits for human health. These include beta-glucan fiber, antioxidants, phytochemicals, protein, vitamins and minerals. Like other whole grains, barley is an important source of complex carbohydrates that helps fuel your body and barley is free of saturated fat, cholesterol and sodium.

**PURCHASING BARLEY** Consumers may purchase barley in several forms. Pearl barley is sold in most supermarkets. Barley flour, flakes and grits may be found in health food and specialty stores. Barley also is used as a commercial food ingredient in breakfast cereals, soups, pilaf mixes, cookies, crackers and snack bars.

**COOKING PEARL BARLEY** Like other grains, pearl barley requires cooking time for water absorption. Regular pearl barley should be cooked for about 45 minutes. "Quick" pearl barley has been rolled and steamed and requires only about 12 minutes cooking time.

We are pleased to share this collection of Barley Recipes for all meals and all occasions. Visit the National Barley Foods Council website at [www.barleyfoods.org](http://www.barleyfoods.org) for more recipes and menu planning ideas.



## SALADS

### SOUTHWEST BARLEY SALAD

From January/February 2005 "Country Woman"

- 3 cups reduced-sodium chicken broth
- ¾ cup uncooked medium pearl barley
- 1 cup fresh or frozen corn
- 1 cup canned black beans, rinsed and drained
- ¾ cup chopped sweet red pepper
- ½ cup chopped green pepper
- ½ cup chopped green onions
- ½ cup minced fresh cilantro
- 1 garlic clove, minced
- ½ cup salsa
- 3 tablespoons reduced-fat sour cream
- 2 tablespoons lime or lemon juice

In a saucepan, bring broth to a boil. Stir in barley. Reduce heat; cover and simmer for 40 to 45 minutes or until tender. Drain and cool. In a large bowl, combine the corn, beans, peppers, onions, cilantro and garlic. Stir in barley.

Just before serving, combine the salsa, sour cream and lime juice; add to barley mixture. Serve warm or cold. Makes 6 servings.

DIABETIC EXCHANGE: 2 STARCH, 1 VEGETABLE

### EASY BARLEY GREEK SALAD

- 1 cup pearl barley
- 3 cups water
- salt
- ⅓ cup olive oil
- 2 tablespoons fresh lemon juice
- 2 tablespoons red wine vinegar
- ½ teaspoon dried leaf oregano, crushed
- ¼ cup finely chopped onion
- ¼ cup finely chopped fresh parsley
- 2 medium tomatoes, finely chopped
- 1 small green or red bell pepper, finely chopped
- ½ cup crumbled feta cheese
- lettuce leaves, washed and chilled
- tomato wedges or lemon slices, for garnish

Place barley, water and 1 teaspoon salt in medium saucepan. Bring to a boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Combine olive oil, lemon juice, vinegar, oregano and ¼ teaspoon salt; pour over hot cooked barley. Cool to room temperature. Gently stir in onions, parsley, tomatoes, bell pepper and cheese. Serve salad chilled or at room temperature on lettuce-lined plates. Garnish each serving with tomato wedges or lemon slices, if desired. Makes 6 servings.

PER SERVING: 266 CALORIES, 5G PROTEIN, 15G FAT, 30G CARBOHYDRATE, 8MG CHOLESTEROL, 6G FIBER, 558MG SODIUM.

## BREAKFAST



### BARLEY GRANOLA

Recipe provided by barley producer Clark Kauffman, Filer, Idaho

- ¾ cup oil
- ¾ cup honey
- 1½ tablespoons vanilla
- ⅓ cup water
- ½ tablespoon salt
- 2 cups rolled quick cooking barley
- 6 cups rolled quick cooking oats
- 1 cup wheat germ
- 1 cup coconut
- ⅓ cup brown sugar
- 1½ cups raisins (optional)
- 1 cup nuts (combination of chopped peanuts, almonds, sunflower seeds, sesame seeds, etc.)

Whip together oil, honey vanilla, water, and salt until well mixed. Pour this over the remaining ingredients and mix well. Spread ½ inch deep in shallow baking pans. Bake for 30 minutes. Stir and continue baking, stirring every 15 minutes until golden brown – about 1½ hours.

### CHEESY BARLEY FRITATTA

- 1 cup pearl barley
- 3 cups water
- 10 eggs
- 2 cups cottage cheese
- ½ cup all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 pound shredded Cheddar cheese
- ¼ cup shredded Parmesan cheese
- 1 cup chopped green onions
- ½ cup butter, melted
- 1 jar (4 ounces) pimento, drained and chopped
- 5 teaspoons Italian seasoning



In medium saucepan with lid bring water to a boil. Add pearl barley; return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. In blender, whirl together eggs, cottage cheese, flour, baking powder and salt. Pour into large bowl and add cooked pearl barley, cheeses, green onion, butter, pimento and Italian seasoning. Pour mixture into buttered 13x9x2-inch baking dish. Bake in preheated 425° F oven for 15 minutes. Reduce temperature to 350° F and continue to bake 30-35 minutes longer or until fritatta is brown and puffy. Cool slightly and cut into 12 squares. Serve with warm marinara sauce. Makes 12 servings.



To save time on busy cooking days, prepare barley in advance and freeze for later use. Use your microwave for quick defrosting (cook on HIGH for 2 to 2½ minutes for 1 cup frozen cooked barley).

# SIDE DISHES

## BARLEY-STUFFED SQUASH

1 cup pearl barley  
½ cup chopped onion  
½ cup chopped celery  
1 cup shredded carrot  
butter  
3 cups chicken broth  
½ teaspoon thyme  
2 medium acorn squash (about 1 pound each),  
halved and seeds removed  
salt

In large saucepan over medium heat, sauté barley, onion, celery and carrot in 2 tablespoons butter until barley is lightly browned. Add chicken broth and thyme. Bring to boil. Reduce heat, cover and simmer 45 minutes or until barley is tender and liquid is absorbed. In the meantime, place squash halves in greased baking dish, cut-side down. Bake at 400° F for 30 minutes or until squash is tender. Remove squash from oven and turn, cut-side up. Sprinkle lightly with salt. Spoon equal portions of cooked barley mixture into centers of squash. Drizzle with 2 tablespoons melted butter. Return filled squash halves to oven. Bake at 350° F for 20 minutes longer. Makes 4 generous side dish or entrée servings.

PER SERVING: CALORIES 408, PROTEIN 12G, FAT 13G, CARBOHYDRATES 67G, CHOLESTEROL 32MG, FIBER 9G, SODIUM 731MG.



## WHOLE GRAIN PILAF WITH SUNFLOWER SEEDS

This side dish is packed with fiber and vitamins. You can substitute long-cooking barley and brown rice with the quick-cooking varieties.

4 tsp canola oil, divided  
½ cup sunflower seed kernels  
½ teaspoons salt, divided  
2 teaspoons butter  
1 cup thinly sliced leek (about 1 large)  
2½ cups water  
½ cups fat-free, less sodium chicken broth  
½ cup uncooked pearl barley  
½ cup uncooked brown rice  
½ cup dried currants  
¼ cup bulgar  
¼ cup fresh parsley  
¼ teaspoon freshly ground black pepper

Heat 2 teaspoons oil, sunflower seeds and ¼ teaspoon salt in saucepan over medium-high heat. Sauté 2 minutes or until lightly browned. Remove from pan and set aside.

Add remaining 2 teaspoons oil, butter and sauté leek for about 4 minutes or until tender, stirring frequently. Add water, chicken broth, barley and brown rice, and bring to boil. Cover, reduce heat and simmer 35 minutes. Stir in currants and bulgar; cover and simmer 10 minutes or until grains are tender. Remove from heat; stir in remaining ¼ teaspoon salt, sunflower seeds, parsley and pepper. Serve immediately. Makes 8 half-cup servings.

CALORIES: 198 (30% FROM FAT); FAT 6.6G; PROTEIN 5 G; CARB 32.7G; FIBER 4.9G; CHOL 3MG; IRON 1.5MG; SODIUM 266MG.

# SNACKS

## BARLEY RAISIN COOKIE

Adapted from the Quaker Oat Vanishing Oatmeal Raisin Cookie recipe

½ pound (2 sticks) margarine or butter, softened  
1 cup firmly packed brown sugar  
½ cups granulated sugar  
2 eggs  
1 teaspoon vanilla  
1-½ cups barley flour  
1 teaspoon baking soda  
1 teaspoon ground cinnamon  
½ teaspoon salt (optional)  
3 cups barley flakes  
1 cup raisins

1. Heat oven to 350 F. In large bowl, beat margarine and sugars until creamy. Add eggs and vanilla; beat well. Add combined flour, baking soda, cinnamon and salt; mix well. Add oats and raisins; mix well.
2. Drop dough by rounded tablespoonfuls onto ungreased cookie sheets.
3. Bake 10 to 12 minutes or until light golden brown. Cool 1 minute on cookie sheets; remove to wire rack. Cool completely. Store tightly covered. Makes about 4 dozen.



# ENTRÉES

## BEEF AND BARLEY SOUP

From Better Homes and Gardens® Slow Cooker Favorites made Healthy

12 ounces boneless beef chuck roast, cut into  
½-inch pieces  
4 cups water  
1 10 ½-ounce can condensed French onion soup  
1 cup shredded carrots (2 medium)  
½ cup regular barley  
1 teaspoon dried thyme or oregano  
salt and pepper to taste

Lightly coat a large skillet with nonstick cooking spray. Heat skillet over medium heat. Brown meat in hot skillet; drain off fat.

In a 3½ to 4½ quart slow cooker combine meat, water, soup, carrots, barley and thyme. Cover and cook on low-heat setting for 7 to 8 hours (3½ hours on High). Season to taste with salt and pepper. Makes 4 main-dish servings.



NUTRITIONAL FACTS PER SERVING: 252 CAL., 5 GRAMS TOTAL FAT, 52 MG CHOL., 684 MG SODIUM, 29 G CARBO., 5 GRAMS FIBER, 22 GRAMS PROTEIN.

## THAI BARLEY STIR-FRY

½ cup pearl barley  
1 cup water  
2 tablespoons peanut or vegetable oil, divided  
2 boneless skinless chicken breast halves,  
cut into bite-size pieces  
2 cloves garlic, finely chopped  
1 cup thinly sliced Chinese or regular eggplant  
½ cup chopped red bell pepper  
½ cup chopped onion  
3 tablespoons chopped fresh basil leaves  
1 tablespoon chopped fresh mint leaves  
8 to 10 drops red pepper sauce  
1 teaspoon granulated sugar  
1 tablespoon oyster sauce  
1 teaspoon soy sauce  
3 tablespoons chopped peanuts  
Shredded red cabbage and carrot curls, for garnish

Place barley and water in medium saucepan; bring to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Set aside. In large skillet or wok, heat 1 tablespoon oil over high heat. Add chicken pieces and garlic; stir-fry 3 to 4 minutes. Add cooked barley; stir-fry an additional 3 minutes. Remove barley-chicken mixture from pan; keep warm. Heat remaining 1 tablespoon oil in skillet. Add eggplant, bell pepper and onion; stir-fry 3 minutes. Add basil, mint, red pepper sauce, sugar, oyster sauce and soy sauce; cook 2 more minutes. Return barley-chicken mixture to skillet; stir-fry 3 minutes. Sprinkle with peanuts and garnish with shredded red cabbage and carrot curls for an authentic Thai finishing touch. Makes 4 servings.

PER SERVING: 296 CALORIES, 22G PROTEIN, 28G CARBOHYDRATE, 7G FIBER, 11G FAT, 41MG CHOLESTEROL, 186MG SODIUM.

## STUFFED CHICKEN BREAST WITH SPICED CRANBERRIES & BARLEY

### BARLEY FILLING:

1 cup pearl barley, uncooked  
½ cup sliced fresh mushrooms  
¼ cup diced onion  
½ cup diced celery  
¾ cup chopped dried cranberries  
1 teaspoon grated orange peel  
1 tablespoon minced garlic  
½ teaspoon salt  
⅛ teaspoon cinnamon  
2½ cups low-sodium chicken broth  
¼ cup toasted almonds  
6 boneless skinless chicken breasts, 4 to 5 oz.

### BREADING MIXTURE:

2 cups bread crumbs  
½ cup parmesan cheese  
parsley and garlic to taste  
¼ cup olive oil

In a sauce pan, combine all the filling ingredients from barley to cinnamon. Add chicken broth, bring to a boil, then simmer until barley is tender and all liquid is absorbed (cooking time will vary from 20 to 40 minutes depending on the type of pearl barley). Stir in almonds when cooled. With knife, split chicken breast, and coat with breading. Stuff with ¼ cup of barley mixture. Bake at 300° F oven for 25 to 30 minutes. Serves 6.

NUTRITION INFO. PER SERVING: 590 CALORIES, 18.5 GRAMS FAT (28% FAT), 61 GRAMS CARBOHYDRATES, 44 GRAMS PROTEIN.