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 for more recipes and menu planning ideas.

Breakfast

Barley Granola
Recipe provided by barley producer Clark Kauffman, Filer, Idaho

¾ cup oil
¾ cup honey
1½ tablespoon vanilla
½ cup water
½ tablespoon salt
2 cups rolled quick cooking barley
6 cups rolled quick cooking oats
1 cup wheat germ
1 cup coconut
½ 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 ⅛ 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 Frittata

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 chopped 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 frittata is brown and puffy. Cool slightly and cut into 12 squares. Serve with warm marinara sauce. Makes 12 servings.

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
¼ cup chopped sweet red pepper
¼ cup chopped green pepper
¼ cup chopped green onions
¼ 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.

Easy Barley Greek Salad

1 cup pearl barley
3 cups water
salt
1½ cup olive oil
2 tablespoons fresh lemon juice
2 tablespoons red wine vinegar
½ teaspoon dried leaf oregano, crushed
¼ cup finely chopped onion
½ cup finely chopped fresh parsley
2 medium tomatoes, finely chopped
1 small green or red bell pepper, finely chopped
1½ cup crumbled feta cheese
lettuce leaves, washed and chilled
3 tablespoons reduced-fat sour cream
1 tablespoon lime or lemon juice

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.
**BARLEY-FAVORITES MADE HEALTHY**

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

**COOKER FAVORITES made Healthy**

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.

**BARLEY RAISIN COOKIE**

Adapted from the Quaker Oat Vanishing Oatmeal Raisin Cookie recipe

1% pound (2 sticks) margarine or butter, softened
1 cup firmly packed brown sugar
½ cups granulated sugar
2 eggs
1 teaspoon vanilla
1½ 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.

**THAI BARLEY STIR-FRY**

1 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
1 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 teaspoon oyster sauce
1 teaspoon soy sauce
3 tablespoons chopped peanuts
1 cup water
2 tablespoons minced garlic
1 teaspoon salt
3 tablespoons chopped peanuts
1 teaspoon black pepper

Heat 2 teaspoons oil, sunflower seeds and ¼ teaspoon freshly ground black pepper on high heat. Add chicken pieces to a small bowl; toss to coat. Heat remaining 2 teaspoons oil, butter and sauté leek for about 4 minutes or until tender, stirring frequently. Add water, chicken broth, sauté leek and chicken to the pan. Cover, heat and simmer 35 minutes. Stir in currants and bulgur; 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 286MG.

**BARLEY STUFFED SQUASH**

12 ounces boneless beef chuck roast, cut into ½-inch pieces
1 cup water
1 ½ cups cooked barley
4 cups water
1 ½ cups cooked barley
2 cups bread crumbs
2 tablespoons minced garlic
1 teaspoon dried thyme or oregano
1 teaspoon salt
½ cup water
2 tablespoons minced garlic
1 teaspoon dried thyme or oregano
1 teaspoon salt
3 cups barley mixture

In a 3¼ to 4¼ 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.

**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 ½ cups cooked barley
1 cup water
2 tablespoons minced garlic
1 teaspoon dried thyme or oregano
1 teaspoon salt

Lightly coat a large skillet with nonstick cooking spray. Heat skillet over medium heat. Brown meat in 2 tablespoons butter until barley is lightly browned. Add chicken broth and thyme. Bring to boil. Reduce heat, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Set aside. In large skillet or wok, heat 1 cup 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 and set aside. 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
1 cup sliced fresh mushrooms
¼ cup diced onion
1 cup diced celery
½ cup chopped red bell pepper
1 cup chopped onion
1 cup chopped fresh basil leaves
1 cup chopped fresh mint leaves
1 teaspoon minced garlic
1 teaspoon salt
1 teaspoon black pepper
2 cups low-sodium chicken broth
1 cup cup toasted almonds
6 boneless skinless chicken breasts, 4 to 5 oz.

BREADING MIXTURE:

2 cups bread crumbs
1 teaspoon parmesan cheese
parsley and garlic to taste
¾ 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.

**SNACKS**

**THAI BARLEY STIR-FRY**

1¼ 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 teaspoon 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.