

Barley Bits

Savvy sides for sumptuous dining

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Foods Council

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Angel Barley Pilaf

Just plain delicious.

- 4 teaspoons olive oil, divided
- 1-1/2 cups chopped red bell pepper
- 1/2 cup chopped onion
- 1 teaspoon fennel seeds
- 1 teaspoon dried basil leaves, crushed
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 angel hair pasta nests, crumbled
- 2-1/4 cups low-sodium beef broth
- 3/4 cup pearl barley

Heat 2 teaspoons olive oil in 4-quart saucepan over medium heat. Add bell pepper and onion; sauté for 4 minutes, stirring occasionally. Mix in fennel seeds, basil, salt and pepper. Cook for 2 more minutes. Remove mixture from pan; set aside. Heat remaining 2 teaspoons olive oil in same pan over medium heat. Add crumbled angel hair pasta and sauté until lightly browned. Stir in broth, barley and half of the cooked vegetable mixture. Bring to a boil. Reduce heat to low, cover and cook 40 to 45 minutes or until barley is tender and liquid is absorbed. Stir in remaining vegetable mixture and continue to cook until warmed through. **Makes 4 servings.**

Per serving: calories 251, protein 9g, carbohydrates 42g, fiber 8g, fat 6g, cholesterol 0, sodium 373mg.

Toasted Barley Risotto

Risotto with a twist.

- 1/4 cup olive oil, divided
- 1 cup pearl barley
- 3 leeks (green part only), thinly sliced
- 4 cloves garlic, finely chopped
- 2 cups water
- 1 cup white wine
- 2 teaspoons chicken stock concentrate
- 1/2 teaspoon ground black pepper
- 1/2 cup sun-dried tomatoes, reconstituted in hot water and sliced into thin strips
- 1/2 cup pine nuts
- 3/4 cup (3 ounces) crumbled feta cheese

In 4-quart saucepan with lid, heat 2 tablespoons olive oil over medium-high heat. Add barley and stir until golden brown, about 5 to 7 minutes. Mix in leeks and garlic; cook 2 minutes. Stir in water, wine, chicken stock concentrate and black pepper. Bring to a boil. Reduce heat to low, cover and cook 30 minutes. Stir in sun-dried tomatoes. Cover and continue to cook for 10 to 15 minutes. In a small skillet, heat

remaining 2 tablespoons oil. Add pine nuts and cook until lightly browned. Stir toasted pine nuts and feta cheese into cooked barley. Mix together gently and serve.

Makes 8 servings.

Per serving: calories 287, protein 8g, carbohydrates 29g, fiber 5g, fat 15g, cholesterol 13mg, sodium 410mg.

Barley Pesto Parmesan

Savory side goes Italian.

Pesto

- 1/2 cup mild olive oil
- 1/2 cup lightly packed grated Parmesan cheese
- 1/4 cup flat leaf Italian parsley leaves, stems removed
- 1 tablespoon capers, rinsed and drained
- 1 teaspoon Dijon style mustard
- 1 clove garlic

Barley

- 1 tablespoon olive oil
- 1 small yellow onion, finely chopped
- 4-1/2 cups vegetable stock
- 1-1/2 cups pearl barley
- Juice of 1 lemon
- Grated lemon peel, optional
- Salt
- Ground black pepper
- Additional grated Parmesan cheese, optional

To prepare pesto, place all ingredients in food processor; blend at medium speed until smooth. Set pesto aside or refrigerate. In the meantime, place barley in large bowl. Rinse with cold water and drain well. Set rinsed and drained barley aside. Using 2 to 4-quart saucepan with cover, heat olive oil over medium heat. Add onion and cook 2 minutes. Add stock and stir in barley. Bring to a boil, cover and reduce heat to simmer. Cook barley 35 to 40 minutes or until liquid is absorbed. Mix in pesto and lemon juice; heat through. Season to taste with salt and pepper. Spoon barley into bowls. Sprinkle each serving with additional grated Parmesan cheese and grated lemon peel, if desired. **Makes 8 servings.**

Per serving: calories 305, protein 6g, carbohydrates 32g, fiber 6g, fat 18g, cholesterol 4mg, sodium 600mg.

Did you know barley lowers cholesterol and is good for your heart? Check out www.barleyfoods.org for more information.



Fruited Barley Pilaf

Delicious combo of sweet and savory flavors.

- 3/4 cup pearl barley
- 2-1/4 cups water
- 1 cup chopped onion
- 2 to 3 cloves garlic, finely chopped
- 1 cup chopped apple
- 1 cup (6 ounces) dried apricots, snipped into 1/2-inch pieces
- 1/3 cup orange marmalade
- 2 teaspoons grated fresh lemon peel
- 2 tablespoons fresh lemon juice
- 2 tablespoons orange juice
- 1 teaspoon salt
- 1/2 teaspoon dried leaf oregano, crushed
- 1/2 teaspoon dried leaf thyme, crushed
- 1/4 teaspoon ground white pepper

In medium saucepan with lid, bring water to a boil. Add barley and return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Set aside. Spray large skillet with non-stick cooking spray; sauté onion and garlic for 5 minutes, stirring occasionally. Mix in apple and apricots; sauté 3 more minutes. Blend in marmalade, lemon peel, lemon juice, orange juice, salt, oregano, thyme and white pepper. Simmer for 5 minutes, stirring occasionally. Add barley; cook 5 minutes longer. **Makes 8 servings.**

Per serving: calories 182, protein 3g, carbohydrates 44g, fiber 4g, fat 4g, cholesterol 0, sodium 302mg.

Chinese Barley Stir-Fry

Fast, flavorful and fabulous.

- 2 teaspoons olive oil
- 2 cups cooked pearl barley, see *Barley Basics*
- 1/2 cup finely chopped red bell pepper
- 1/2 cup sliced green onion
- 3 eggs
- 1 teaspoon garlic salt
- 1/2 teaspoon ground ginger
- 1 tablespoon low-sodium soy sauce
- 1/4 cup slivered almonds, toasted

In large skillet, heat oil over medium-high heat. Add barley, bell pepper and onion. Stir-fry 4 to 5 minutes. In small bowl, beat together eggs, garlic salt and ginger. Add to barley mixture, stir-frying until egg mixture is cooked. Sprinkle on soy sauce and almonds; stir to combine. **Makes 8 servings.**

Per serving: calories 118, protein 4g, carbohydrates 14g, fiber 2g, fat 5g, cholesterol 80mg, sodium 320mg.

Barley Vegetable Braise

Hardy choice for veggie lovers.

- 1 cup pearl barley
- 3 cups water
- 2 tablespoons olive oil
- 4 cloves garlic, finely chopped
- 1 cup thinly sliced fennel bulb (reserve tops)
- 1 cup thinly sliced red onion
- 1-1/2 cups chopped zucchini
- 1 medium Chinese eggplant, cut into 1-inch pieces
- 1 medium red bell pepper, sliced into 2-inch long strips
- 1 cup sliced button mushrooms
- 1 can (28 ounces) chopped tomatoes and juice
- 1 cup fruity Chardonnay wine (may substitute 1 cup chicken broth)
- 2 cups chicken broth
- 2 teaspoons fennel seeds
- 2 teaspoons salt
- 1 teaspoon ground black pepper

In medium saucepan with lid, bring water to a boil. Add barley and return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Set aside. In 12-inch oven-proof skillet, heat oil over medium heat. Add garlic, fennel and onion. Sauté for 5 minutes, stirring occasionally. Stir in zucchini, eggplant, bell pepper and mushrooms. Sauté 4 minutes longer, stirring occasionally. Blend in tomatoes and juice, wine, broth, fennel seeds, salt and pepper. Bring to a boil. Stir in cooked barley. Transfer skillet to preheated 350° F oven. Braise barley-vegetable mixture for 1 hour, stirring every 20 minutes. Add more broth if necessary. Remove from oven. Chop reserved fennel tops; sprinkle over braised barley and serve. **Makes 8 servings.**

Per serving: calories 208, protein 4g, carbohydrates 33g, fiber 6g, fat 5g, cholesterol 1mg, sodium 1025mg.

Barley Basics

To cook pearl barley, place 3 cups water in medium saucepan. Bring to a boil. Add 1 cup pearl barley and return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Makes about 3-3/4 to 4 cups. Store extra cooked barley in an airtight container and refrigerate or freeze for up to a week. Add to prepared soups, salads and casseroles.