



Blog of the month – June 2015

Fill up with fresh fruits, veggies ... and barley, of course

June is National Fresh Fruits and Vegetables Month. According to the Dietary Guidelines for Americans, we should fill half of our plate with fruits and vegetables. Are you getting enough? Here are three ways to combine fresh fruits and veggies with our favorite grain for breakfast, lunch and dinner.

Breakfast: Hot Barley Flakes

2 cups water

1 cup barley flakes

Pinch salt, optional

Fruit: 2 chopped bananas or 1/4 cup raisins

Bring water to a boil in medium saucepan. Stir in barley flakes and salt. Return to boil. Cover, reduce heat to low and cook for 20 minutes or until water is absorbed. During last 5 minutes of cooking, stir in fruit of choice. Makes 4 servings.

Microwave directions for a single serving

2/3 cup water

1/3 cup barley flakes

Pinch salt, optional

Fruit: 1/2 chopped banana or 2 tablespoons raisins

In 4-cup microwave-proof container, combine water, barley, salt and fruit of choice. Microwave on HIGH power for 3 minutes. Stir. Continue to microwave on HIGH power for 3 minutes longer. Cool slightly and serve. Makes 1 serving.

continued

Lunch: Easy Greek Barley Salad

1 cup pearl barley
3 cups water
Salt
1/3 cup olive oil
2 tablespoons fresh lemon juice
2 tablespoons red wine vinegar
1/2 teaspoon dried oregano
1/4 cup finely chopped onion
1/4 cup finely chopped fresh parsley
2 medium tomatoes, chopped
1 small green or red bell pepper, chopped
1/2 cup crumbled feta cheese

In medium saucepan with lid bring water and 1 teaspoon salt 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. Combine olive oil, lemon juice, vinegar, oregano and 1/4 teaspoon salt; pour over hot cooked barley. Cool to room temperature. Gently stir in onions, parsley, tomatoes, bell pepper and feta cheese. Serve salad chilled or at room temperature. Makes 6 servings.

Per serving: calories 209, protein 4g, fat 1g, carbohydrates 49g, cholesterol 0, fiber 7g, sodium 95mg.

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Dinner: Thai Barley Stir-Fry

1/2 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
1/2 cup chopped red bell pepper
1/2 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, optional for garnish

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 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: calories 296, protein 22g, carbohydrates 28g, fiber 7g, fat 11g, cholesterol 41mg, sodium 186mg.

For more barley recipes, visit www.barleyfoods.org/recipes.