



Blog of the month - August 2015

### **Don't toss the squash**

The hot days of August are here. And for backyard gardeners, it's prime season for one of our favorite summertime veggies, zucchini.

We love these soft shell squashes to be sure. But boy oh boy, can they grow ... and multiply! Before we know it, we're drowning in a sea of green.

But these summertime gems are too good to toss or let waste away in the garden. No, it's time to harvest and get cooking.

So we're offering up this delicious summertime supper idea. Serve Barley Zucchini Boats for a vegetarian-style entrée or as a hardy side with your favorite BBQ.

### **Barley Zucchini Boats**

2 large zucchini, ends trimmed and cut in half lengthwise  
¼ cup finely chopped fresh mushrooms  
¼ cup finely chopped onion  
¼ cup finely chopped red bell pepper  
1 clove garlic, finely chopped  
½ teaspoon salt  
¼ teaspoon ground black pepper  
½ cup cooked pearl barley, cooking directions below  
2 tablespoons finely chopped walnuts  
¼ cup crumbled feta cheese  
¼ cup seasoned spreadable cheese

Spray a baking sheet with non-stick cooking spray. Place zucchini cut-side down, on baking sheet. Bake at 400° F for 10 to 12 minutes. Cool. Scoop out centers of zucchini halves, leaving ¼-inch thick shell. Discard centers. Turn zucchini shells over to drain; set aside. In skillet sprayed with non-stick cooking

spray, sauté mushrooms, onion, bell pepper, garlic, salt and pepper for 5 minutes, stirring occasionally. Stir in barley and walnuts. Cool slightly and blend in cheeses. Spoon barley mixture into zucchini shells. Bake 15 to 20 minutes at 350° F. Makes 4 servings.

Per serving: calories 159, protein 6g, carbohydrates 14g, fiber 4g, fat 10g, cholesterol 24gm, sodium 443mg.

#### To cook barley

In medium saucepan with lid, bring 3 cups water 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 to 3-1/2 cups. Place any extra cooked barley in an airtight container and refrigerate for up to a week or freeze for up to 6 months. Use cooked barley to add extra nutty flavor and heart-healthy fiber to soups, stews, casseroles and salads.

*For more barley recipes, visit [www.barleyfoods.org](http://www.barleyfoods.org).*