



Blog of the month – March 2015

Tired of rice? Go for barley instead

Here's an easy and healthful way to add more nutrition, texture and health-promoting fiber to your favorite stroganoff or stir-fry recipe. Instead of rice or noodles, serve these family favorites with cooked barley. To add even more flavor, cook the barley in chicken, beef or vegetable broth. To help you get started, here's a yummy stroganoff recipe featuring our favorite grain.

Savory Barley Stroganoff

1 pound lean ground turkey, chicken or beef
2 teaspoons olive oil
3/4 cup chopped onion
8 ounces sliced fresh mushrooms
1 teaspoon dried oregano leaves, crushed
1 teaspoon salt
3/4 teaspoon ground black pepper
1/2 cup water
1 teaspoon chicken seasoning base
2 cups low-fat sour cream
1 teaspoon all-purpose flour
2 cups cooked pearl barley, directions below
Chopped fresh parsley, optional for garnish

Spray large skillet with non-stick cooking spray. Heat skillet over medium heat. Add ground turkey; crumble and cook until turkey is no longer pink. Remove meat from pan and drain. Pour off any liquid from pan. Add olive oil, onion and mushrooms. Sauté 4 to 5 minutes, stirring occasionally. Season with oregano, salt and pepper. Cook 4 more minutes. Stir in water and chicken seasoning. Blend together sour cream and flour. Stir in sour cream mixture, cooked barley and meat. Continue to cook over low heat until heated through. Garnish with chopped parsley, if desired. Makes 8 servings.

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Per serving: calories 367, protein 12g, carbohydrates 65g, fat 8g, fiber 7g, cholesterol 20mg, sodium 696mg.