



Blog of the month – March 2016

Try one of these healthy barley sides

In honor of National Nutrition Month®, we've gathered up some quick and nutritious barley side dish ideas featuring our favorite grain and other good-for-you ingredients. Here we go:

First, cook up a batch of pearl barley:

- Bring 3 cups water to a boil. Add 1 cup of pearl barley and return to a boil. Cover the pan, reduce the heat to low and cook the barley for 45 minutes or until the liquid is absorbed and the barley is tender.

Then choose one of these options:

- Drizzle the hot cooked barley with Italian dressing and cool to room temperature. Then toss the barley with chopped celery, green onion and carrots. Top with crumbled feta cheese and serve.
- Stir chopped fresh tomatoes, whole kernel corn and chopped fresh basil into the hot barley and serve.
- Mix chopped fresh spinach leaves and diced fresh tomatoes into the hot barley. Sprinkle with grated Parmesan cheese and serve.
- Fold prepared mango chutney and toasted pine nuts or almonds into the hot barley and serve. (This is really yummy with curry dishes.)