



Blog of the month – May 2017

Lunch with panache and girl power

May is the month to honor moms as well as grandmas, sisters, aunts, girlfriends and all the special ladies in our lives. With spring in full bloom, it's a great time to bring the girls together for a festive luncheon celebration.

For a light and lively menu offering, treat your guests to Gingered Barley Wraps with Plum Drizzle. Brimming with Asian inspiration, these pretty lettuce wraps deliver the perfect combination of flavor, color and plenty of healthful fiber. Serve with jumbo shrimp, marinated asparagus spears and lemon bars for dessert. Yum!

Gingered Barley Wraps with Plum Drizzle

1 cup plus 2 tablespoons fat-free chicken broth
1/2 cup pearl barley
1 tablespoon olive oil
2 tablespoons peeled and finely chopped fresh ginger root
2 large cloves garlic, finely chopped
4 teaspoons soy sauce
1 teaspoon sesame oil
1/2 teaspoon Asian chili sauce
1/4 teaspoon ground black pepper
2 large oranges, peeled and cut into 1/2-inch pieces
1/2 cup toasted and chopped almonds
2 small heads iceberg lettuce, stems removed and separated into leaves
Plum Drizzle, recipe follows

In saucepan with lid, bring broth to a boil. Stir in barley. Reduce heat to a simmer, cover and cook 35 minutes. In large skillet, heat oil over medium-high heat. Add ginger root and garlic; stir and cook 2 minutes. Add cooked barley; stir and cook 3 minutes. Stir in soy sauce, sesame oil, chili sauce and black pepper; cook 1 minute. Cool barley mixture. Stir in oranges and almonds. When it's time to eat, invite each guest to spoon a portion of barley mixture onto

a lettuce leaf. Top with a spoonful of Plum Drizzle, wrap and enjoy. Makes 8 servings.

Per serving: calories 228, protein 6g, carbohydrates 35g, fiber 5g, fat 7g, cholesterol 0, sodium 613mg.

Plum Drizzle

Combine 1 cup prepared plum sauce and 1/3 cup seasoned rice wine vinegar. Mix well. Makes 1-1/3 cups.