



Blog of the month – November 2016

Turn your turkey leftovers into luscious barley salads

Has America's favorite bird taken over your refrigerator? Tired of turkey sandwiches? Well fret no more, dear readers. This month's blog is all about repurposing turkey leftovers into fresh and flavorful whole meal salads -- featuring our favorite grain, of course. So without further adieu:

Curried Turkey & Barley Supper Salad

1 cup pearl barley
3 cups chicken broth
3/4 cup sour cream
1/3 cup mayonnaise
1/4 cup prepared chutney
2 to 3 teaspoons curry powder
1/2 teaspoon salt
1-1/2 cups cubed cooked turkey meat
3/4 cup diced fresh pear
3/4 cup diced fresh apple
3/4 cup halved fresh green or red seedless grapes
1/2 cup diced celery
Chopped roasted peanuts, optional for garnish

In medium saucepan with lid bring chicken broth to a boil. Add barley and return to boil. Reduce heat to low, cover and simmer 45 minutes or until barley is tender and liquid is absorbed. Set cooked barley aside to cool. Combine sour cream, mayonnaise, chutney, curry powder and salt. Toss with cooled barley. Refrigerate barley mixture until chilled. Just before serving time, stir turkey, pears, apples, grapes and celery into barley mixture. Sprinkle peanuts over top, if desired. Makes 6 servings.

Per serving: calories 416, protein 17g, fat 19g, carbohydrates 45g, cholesterol 57mg, fiber 4g, sodium 720mg.

Teriyaki Turkey & Barley Salad

1/2 cup pearl barley
1-1/2 cups water
1/4 teaspoon salt
2 medium carrots, scraped and thinly sliced
1/2 pound snow peas
2 cups cooked and cubed turkey
1 can (8 ounces) sliced water chestnuts, drained
4 green onions, sliced
1/4 cup vegetable oil
1/4 cup prepared teriyaki sauce
1 tablespoon white wine vinegar
1 teaspoon grated fresh gingerroot or 1/4 teaspoon ground ginger
1/2 teaspoon garlic powder

In medium saucepan with lid, bring water and salt to a boil. Add barley and return to boil. Reduce heat to low, cover and simmer 45 minutes or until barley is just tender. Drain off any remaining water and rinse cooked barley. Drain again and set aside. In the meantime, cook carrots in boiling water for 5 minutes. Add snow peas; cook one minute longer or until vegetables are tender-crisp. Drain vegetables; rinse and drain again. Combine cooked barley, carrots and snow peas, turkey, water chestnuts and onions in large bowl. In small bowl, blend together oil, teriyaki sauce, vinegar, ginger and garlic powder. Pour dressing over turkey-barley salad; mix well. Cover salad and refrigerate until ready to serve. Makes 6 servings.

Per serving: calories 288, protein 18g, fat 13g, carbohydrates 26g, cholesterol 41mg, fiber 5g, sodium 616mg.