

## Pearl Barley Recipes

### BUTTERNUT AND BARLEY PILAF

**Ingredients:**

2 teaspoons extra-virgin olive oil  
1 medium onion, chopped  
1 14-ounce can reduced-sodium chicken broth, or vegetable broth  
1  $\frac{3}{4}$  cups water  
1 cup pearl barley  
2 cups cubed peeled butternut squash, (3/4-inch cubes) (see Tip)  
 $\frac{1}{2}$  cup chopped flat-leaf parsley  
1 teaspoon freshly grated lemon zest  
1 tablespoon lemon juice  
1 clove garlic, minced  
 $\frac{1}{4}$  teaspoon salt, or to taste(optional)  
Freshly ground pepper, to taste



**Directions:**

Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, until softened, 2 to 3 minutes. Add broth, water, barley and squash; bring to a simmer, reduce heat to medium-low and simmer until the barley and squash are tender and most of the liquid has been absorbed, about 45 minutes. Add parsley, lemon zest, lemon juice, garlic, salt and pepper; mix gently.

### BARLEY STUFFED SQUASH

**Ingredients:**

1 cup pearl barley	3 cups chicken or vegetable broth
$\frac{1}{2}$ cup chopped onion	$\frac{1}{2}$ teaspoon thyme
$\frac{1}{2}$ cup chopped celery	2 medium acorn squash (about 1 pound each), halved and seeds removed
1 cup shredded carrot	Salt(optional)
1T. olive oil or margarine(optional)	

**Directions:**

In large saucepan over medium heat, sauté barley, onion, celery and carrot in 2 tablespoons butter until barley is lightly browned. Add chicken broth and thyme. Bring to boil. Reduce heat, cover and simmer 45 minutes or until barley is tender and liquid is absorbed. In the meantime, place squash halves in greased baking dish, cut-side down. Bake at 400° F for 30 minutes or until squash is tender.

Remove squash from oven and turn, cut-side up. Sprinkle lightly with salt. Spoon equal portions of cooked barley mixture into centers of squash. Drizzle with 2 tablespoons melted butter. Return filled squash halves to oven. Bake at 350° F for 20 minutes longer. Makes 4 generous side dish or entrée servings.

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