



Turn Healthy Barley into Festive Holiday Fare

SPOKANE, Wash. (December 2008) – Looking for healthful holiday dishes that impart traditional flavors of the season? The [National Barley Foods Council](http://www.barleyfoods.org) encourages cooks to go for grains like fiber-rich barley.

“Whether it’s a formal dinner party or casual New Year’s supper, barley-based dishes make perfect choices for festive holiday spreads,” says Mary Palmer Sullivan, Executive Director of the National Barley Foods Council. “These days when consumers are looking to entertain on a budget, dishes featuring economical ingredients like barley are a wise choice as well.”

Brimming with flavor, color and health-promoting fiber, Barley Cranberry Pilaf is a perfect side dish to accompany roast chicken, turkey or game hens. For this updated version of traditional pilaf, barley kernels are cooked in cranberry apple juice and combined with dried cranberries, fresh orange segments and crunchy almonds for extra flavor and texture.

For more serving ideas featuring barley, visit www.barleyfoods.org.

Barley Cranberry Pilaf

1 tablespoon olive oil
1 garlic clove, finely chopped
1 cup pearl barley or whole grain barley
1-1/2 cups cranberry apple juice (increase to 2 cups if using whole grain barley)
3/4 cup fat-free chicken broth (increase to 1 cup if using whole grain barley)
1 large orange (grate peel and reserve)
1 cup dried cranberries
2/3 cup sliced almonds, toasted

In 2-quart saucepan with lid, heat oil over medium-high heat. Add garlic and sauté for 1 minute. Stir in barley and cook for 2 minutes. Mix in cranberry apple juice, broth and grated orange peel. Bring to a boil. Lower heat; cover and simmer 45 minutes. Stir in cranberries; cover and plump for 10 minutes. (If using whole grain barley, it may be necessary to pour off any unabsorbed liquid after cooking.) Separate orange into segments and cut into bite-size pieces. Stir in orange pieces and toasted almonds. Makes 8 servings.

Per serving: calories 238, protein 4g, carbohydrates 44g, fiber 6g, fat 6g, cholesterol 0, sodium 51mg.

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