



## **Savory New Side for Thanksgiving Menu**

SPOKANE, Wash. (November 2009) – Looking for a new side dish to jazz up your Thanksgiving table? The [National Barley Foods Council](http://www.barleyfoods.org) reminds cooks to “think grains” when planning this year’s feast. Barley, Cherry and Hazelnut Pilaf features a flavorful combination of toasted [pearl barley](http://www.barleyfoods.org), dried cherries, hazelnuts and fresh spinach leaves. This sumptuous side will compliment any Thanksgiving spread with a healthy dose of flavor, fiber and color. For more festive ideas with barley, visit [www.barleyfoods.org](http://www.barleyfoods.org).

### **Barley, Cherry and Hazelnut Pilaf**

1-1/2 cups pearl barley  
1 medium bunch large leaf spinach, washed and stems removed  
3/4 cup dried sour cherries (may substitute raisins or cut-up apricots)  
1 tablespoon olive oil  
1 small yellow onion, finely chopped  
4-1/2 cups vegetable stock  
1/2 cup toasted and coarsely chopped hazelnuts  
1 tablespoon unsalted butter  
Grated peel and juice of 1 orange  
Salt  
Ground black pepper

To prepare barley: Place barley in large bowl and rinse with cold water until water runs clear. Drain well. Place drained barley on baking sheet. Toast in preheated 350° F oven for 10 to 12 minutes or until kernels are lightly browned. Set aside.

To prepare spinach: Bring 2 quarts water and 1 teaspoon salt to a boil. Add spinach; cook 1 minute. Drain and rinse spinach; squeeze out remaining water. Coarsely chop spinach and set aside.

To prepare dried cherries: Soak in warm water for 30 minutes; drain and set aside.

To cook pilaf: Heat olive oil in 2 to 4-quart saucepan over medium heat. Add onion and cook 2 minutes being careful not to brown. Add vegetable stock and toasted barley. Bring to a boil, cover and reduce heat to simmer. Cook barley 35 to 40 minutes or until liquid is absorbed. Mix in re-hydrated cherries, spinach, hazelnuts, butter, grated orange peel and juice; heat through. Season with salt and pepper. Makes 8 servings.

Per serving: calories 314, protein 8g, carbohydrates 45g, fiber 8g, fat 13g, cholesterol 4mg, sodium 474mg.

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