



Blog of the month – June 2017

Summer's here. And the living is easy.

Bright sun-filled days and warm breezy evenings bring out the best in all of us. It's the perfect time to enjoy the bounty from backyard gardens and local farmer's markets. For this month's blog, we're spotlighting Barley-Stuffed Zucchini. This yummy recipe features garden-fresh zucchini shells filled with a savory mixture of pearl barley, mushrooms, onions, bell pepper, walnuts and feta cheese. Serve it as a vegetarian entrée or hardy side dish with barbecue chicken or ribs. And a happy summer to one and all!

Barley-Stuffed Zucchini

2 large zucchini, ends trimmed and cut in half lengthwise
1/4 cup finely chopped mushrooms
1/4 cup finely chopped onion
1/4 cup finely chopped red bell pepper
1 clove garlic, finely chopped
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/2 cup cooked pearl barley, cooking directions below
2 tablespoons finely chopped walnuts
1/4 cup crumbled feta cheese
1/4 cup season spreadable cheese

Spray a baking sheet with non-stick cooking spray. Place zucchini, cut side down, on baking sheet. Bake at 400° F for 10 to 12 minutes. Cool. Scoop out centers of zucchini halves, leaving ¼-inch thick shell. Discard scooped out centers. Turn zucchini shells over to drain; set aside. In skillet sprayed with non-stick cooking spray, sauté mushrooms, onion, bell pepper, garlic, salt and pepper for 5 minutes, stirring occasionally. Stir in barley and walnuts. Cool slightly and blend in cheeses. Spoon barley mixture into zucchini shells. Bake for 15 to 20 minutes at 350° F. Makes 4 servings.

Per serving: calories 159, protein 6g, carbohydrates 14g, fiber 4g, fat 10g, cholesterol 24mg, sodium 443mg.

To cook pearl barley

In medium saucepan with lid, bring 3 cups water to a boil. Add 1 cup pearl barley and return to a boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Makes about 3 to 3-1/2 cups. (Place extra cooked barley in an airtight container and refrigerate or freeze for use later.)

For more recipe ideas, visit www.barleyfoods.org.