



Jump Start the Day with Barley

SPOKANE, Wash. (February 2009) – Nutrition professionals remind us that a healthy day should begin with a healthy breakfast. “Barley is an excellent choice for the first meal of the day,” says Mary Palmer Sullivan, Executive Director of the National Barley Foods Council. “In addition to containing important antioxidants and essential vitamins and minerals, this wholesome grain is a great source of dietary fiber including both soluble and insoluble fiber.”

Clinical studies confirm that barley soluble fiber lowers cholesterol and promotes healthy blood sugar and blood pressure. Studies also show that fiber is effective in managing weight and preventing obesity. That’s because fiber-rich foods such as barley are processed more slowly and help promote a feeling of satiety.

Look for ready-to-eat and hot cereals made with barley at your favorite supermarket. Or when time permits, treat the family to Spiced Barley and Apples. For this homemade high-fiber breakfast entrée, pearl barley and fresh apple slices are cooked in spice-infused apple juice and topped with vanilla yogurt and crunchy pecans.

For more information about barley, visit www.barleyfoods.org.

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Spiced Barley and Apples

2 Granny Smith apples
2 tablespoons fresh lemon juice
2 cups apple juice
1/2 cup water
2 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg
1/4 teaspoon salt
1 cup pearl barley
1/2 cup maple syrup
1 container (8 ounces) non-fat vanilla yogurt
1/4 cup toasted chopped pecans

Peel and core apples; cut into bite-size pieces. Toss with lemon juice and set aside. Combine apple juice, water, cinnamon, nutmeg and salt in saucepan; bring to a boil. Stir in barley. Reduce heat to simmer; cover and cook 15 minutes. Stir in apple pieces and cook 20 minutes. Stir in maple syrup. Top each serving with a dollop of yogurt and sprinkle of nuts. Makes 4 servings.

Per serving: calories 314, protein 6g, carbohydrates 67g, fiber 7g, fat 4g, cholesterol 1mg, sodium 133mg.

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