



Roast Turkey with Orange Barley Stuffing

- 1 (5 to 6-pound) turkey breast
- 1 cup pearl or whole grain barley kernels
- 2 cups chicken broth
- 1 cup orange juice
- 2 tablespoons butter
- 1/2 cup chopped onion
- 2/3 cup chopped celery
- 1/2 cup orange segments, cut up
- 1 teaspoon crumbled dry sage leaves
- 1/2 teaspoon salt
- 1/2 teaspoon thyme
- 1/8 teaspoon ground nutmeg
- Glaze:
- 1/3 cup orange marmalade
- 1 tablespoon white wine

Thaw turkey breast, if frozen. Combine chicken broth and orange juice in large saucepan; bring to boil. Add barley and return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. In the meantime, sauté onion and celery in butter until tender-crisp. Combine onion mixture, orange segments and seasonings with cooked barley. Spoon barley mixture into cavity of turkey breast. Cover cavity with aluminum foil and place breast, foil-side down, in baking pan. Combine marmalade and white wine; brush over turkey breast. Roast in 325° F oven, allowing 25 to 30 minutes per pound, or until thermometer placed in the thickest part of the meat registers 170° F. Baste occasionally with glaze. Cover cooked turkey with foil and let stand 20 minutes before carving. Makes 6 servings (about 5 cups barley stuffing).

Per serving: calories 683, protein 95g, carbohydrate 47g, fat 11g, cholesterol 229mg, fiber 6g, sodium 720mg.

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

