



Bayside Barley Supper

8 ounces shrimp, shelled and deveined
8 ounces scallops (cut in quarters or halves, if large)
8 ounces fresh mushrooms, sliced
1 tablespoon soy sauce
1 tablespoon rice wine vinegar or lemon juice
1 teaspoon sesame oil
2 teaspoons finely chopped fresh ginger or 1/4 teaspoon ground ginger
1/8 teaspoon red pepper sauce
2 teaspoons vegetable oil
3/4 cup chopped onion
1/2 cup finely chopped green pepper
1 medium carrot, peeled and thinly sliced
1 clove garlic, finely chopped
3/4 cup pearl barley
2 cups bottled clam nectar
1 package (10 ounces) frozen chopped broccoli, thawed
Toasted sesame seeds, for garnish

Place shrimp, scallops and mushrooms in bowl. Combine soy sauce, rice wine vinegar, sesame oil, ginger and red pepper sauce. Pour over seafood and toss well. Cover and refrigerate while cooking barley. To cook barley, spray a large deep skillet with non-stick cooking spray. Heat vegetable oil in skillet over medium heat. Add onion, green pepper, carrot and garlic; sauté until onion is translucent. Add barley and clam nectar. Bring to boil. Reduce heat and simmer, covered, for 35 minutes, stirring occasionally. Stir in broccoli and seafood with marinade. Cover and cook 15 minutes longer or until barley is tender and seafood is cooked. Sprinkle with toasted sesame seeds and serve. Makes 6 servings.

Per serving: 222 calories, 20g protein, 4g fat, 30g carbohydrate, 69mg cholesterol, 5g fiber, 694mg sodium.

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

