



## **Barley Breakfast Hash**

1 cup pearl barley or whole grain barley  
3 cups chicken broth  
12 ounces bulk turkey sausage  
1/2 cup chopped onion  
1/4 cup snipped fresh parsley leaves  
4 eggs  
Salt and pepper

In medium saucepan with lid bring chicken broth to a boil. Add barley; return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. If using whole grain barley, increase cooking time to 50-55 minutes and pour off any unabsorbed liquid after cooking. Set cooked barley aside. Crumble sausage into large skillet. Add chopped onions; sauté over medium heat until sausage is browned. Drain off fat. Add cooked barley and parsley to sausage. Stir and continue to cook until barley begins to brown. Spoon barley-sausage mixture into 4 ramekins or other oven-safe single-serving dishes. Break an egg over each serving. Season with salt and pepper. Bake in 375° F oven for 10 minutes or until eggs are set. Makes 4 servings.

Per serving: calories 422, protein 27g, fat 16g, carbohydrates 42g, fiber 4g, cholesterol 319mg, sodium 1087mg.

***For more recipe ideas, visit [www.barleyfoods.org](http://www.barleyfoods.org).***