



Barley Caponata

2 tablespoons olive oil
1 cup chopped onion
2 cloves garlic, finely chopped
4 cups chopped eggplant
1 red or green bell pepper, chopped
1/2 pound small fresh button mushrooms, sliced
3 tablespoons chopped fresh basil leaves or 1 tablespoon dried basil leaves, crushed
1-1/2 tablespoons chopped fresh oregano leaves or 1-1/2 teaspoons dried oregano leaves, crushed
2 cups cooked pearl barley or whole grain barley, cooking directions below
1 can (15 ounces) garbanzo beans, drained
1 can (14-1/2 ounces) diced tomatoes and juice
1 can (8 ounces) tomato sauce
1 teaspoon seasoned salt
1 teaspoon seasoned pepper
1/4 cup balsamic vinegar
1/2 cup chopped pimiento-stuffed green olives
10 drops red pepper sauce

Heat oil in large skillet over medium heat. Add onion and garlic; sauté until golden, stirring occasionally. Add eggplant, bell pepper, mushrooms, basil and oregano; sauté 10 minutes. Stir in cooked barley, garbanzo beans, diced tomatoes and juice, tomato sauce, salt and pepper. Simmer 10 minutes. Mix in vinegar, olives and red pepper sauce; simmer 5 minutes longer. Makes 8 servings.

Per serving: 296 calories, 9g protein, 3g fat, 60g carbohydrate, 0 cholesterol, 14g fiber, 850mg sodium.

To cook barley

In medium saucepan with lid bring 3 cups water and 1/2 teaspoon salt to a boil. Add 1 cup pearl barley or whole grain barley and 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. Makes about 3 to 3-1/2 cups. (Place extra cooked barley in an airtight container and freeze for use later.)

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

