



Curried Turkey and Barley Casserole

1 cup pearl barley
3 cups chicken broth
2 tablespoons butter
1 tablespoon curry powder
1 pound fresh button mushrooms, sliced
1/2 cup chopped onion
3 cups cooked and cubed turkey
1/2 cup sliced almonds
1 cup sour cream
2 tablespoons dry white wine or dry sherry
Salt and pepper, to taste

In medium saucepan with lid, bring chicken broth to a boil. Add pearl barley and return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Melt butter in skillet. Add curry powder, mushrooms and onion. Saute until onion is translucent, about 3 to 5 minutes. Add mushroom mixture to cooked barley. Mix in turkey, almonds, sour cream and white wine. Season with salt and pepper and turn mixture into oiled 2-quart casserole or baking dish. Cover and bake 45 minutes in 350° F oven. Remove cover and bake 5 minutes longer. Makes 4 servings.

Per serving: calories 681, protein 44g, fat 34g, carbohydrates 52g, cholesterol 125mg, fiber 11g, sodium 924mg.

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