



Fillet of Sole with Barley and Asparagus

- 1 cup pearl barley
- 3 cups water
- 1 can (14-1/2 ounces) diced tomatoes and juice
- 1 tablespoon Italian seasoning
- 4 fresh sole fillets, about 12 ounces (if using frozen fillets, defrost)
- 1 tablespoon fresh lemon juice
- 12 fresh asparagus spears, trimmed to 6 inches in length and blanched (if using frozen asparagus, defrost)
- 1/3 cup low-fat mayonnaise
- 2 tablespoons chopped green onion
- 2 tablespoons Dijon-style mustard
- 2 tablespoons grated fresh Parmesan cheese

In medium saucepan with lid bring water to a 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 11x7x2-inch baking dish, combine cooked barley, tomatoes and juice, and Italian seasoning. Sprinkle each sole fillet with lemon juice. Place 3 asparagus spears in center of each fillet and roll up. Arrange rolled fillets on top of barley, seam-side down. Set aside. In small bowl combine mayonnaise, green onion and mustard. Spoon sauce over fillets and sprinkle with Parmesan cheese. Bake in preheated 350° F oven for 25 minutes or until sole flakes easily with fork. Makes 4 servings.

Per serving: calories 390, protein 26g, fat 11g, carbohydrates 51g, cholesterol 41mg, fiber 16g, sodium 592mg.

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