



Grilled Portabellas with Barley and Basil

1/2 cup pearl barley or whole grain barley
1 tablespoon olive oil
10 small white mushrooms, finely chopped
5 large basil leaves, finely sliced
2 cloves garlic, finely chopped
1 medium zucchini, finely chopped
1/2 cup finely chopped red onion
1/2 cup finely chopped red bell pepper
1-1/2 teaspoons salt
1/2 teaspoon ground black pepper
1/2 cup pecans, toasted and chopped
1/2 cup low-fat Italian dressing
1 tablespoon Dijon-style mustard
8 large Portabella mushrooms, stems trimmed

In small pan with lid bring 1-1/2 cups water to a boil. Add barley and return to boil. Reduce heat to low, cover and cook 35 minutes. If using whole grain barley, it may be necessary to increase the cooking time to 40-45 minutes and pour off any unabsorbed liquid after cooking. In large skillet heat oil over medium-high heat. Add white mushrooms, basil, garlic, zucchini, onion, bell pepper, salt and pepper. Cook 12 minutes, stirring occasionally. Stir in cooked barley. In bowl combine dressing and mustard. Brush Portabella mushrooms with dressing mixture. Grill over medium-hot coals, top side up for 8 minutes. Turn Portabellas and fill with about 1/4 to 1/2 cup barley mixture each. Grill 5 minutes longer. Serve extra barley mixture on the side. Makes 8 servings.

Per serving: calories 157, protein 3g, carbohydrates 17g, dietary fiber 4g, fat 9g, cholesterol 1mg, sodium 612mg.

Additional preparation tips

- Barley mixture can be prepared a day ahead and refrigerated. Bring to room temperature before spooning into Portabella mushrooms.
- Instead of grilling, bake Portabella mushrooms in a 350°F oven for 8 minutes. Turn over, fill with barley mixture and bake 5 minutes longer.

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

