



Orange Barley Pilaf and Ham Sauté

Orange Barley Pilaf

- 2 tablespoons olive oil, divided
- 1 clove garlic, finely chopped
- 1 cup pearl barley
- 2-1/2 cups water
- Salt
- 1 teaspoon grated orange peel
- 3 tablespoons orange juice
- 1 orange, peeled, segmented and cut into pieces
- 1/2 cup golden raisins
- 2 green onions, sliced
- 1/4 teaspoon ground black pepper

In medium saucepan with lid heat 1 tablespoon olive oil. Add garlic and barley; sauté 2 to 3 minutes. Add water and 1/2 teaspoon salt. Bring to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. In the meantime, combine remaining 1 tablespoon olive oil, 1/4 teaspoon salt, grated orange peel, orange juice, orange pieces, raisins, green onion and black pepper; stir to blend. Toss with cooked barley and keep warm until ready to serve.

Ham Sauté

- 1 tablespoon olive oil
- 1/2 cup sliced onion
- 1/2 cup sliced celery
- 1 cup sliced carrots
- 1 cup sliced button mushrooms
- 1 cup broccoli florets
- 1/3 cup water
- 1 tablespoon grated fresh gingerroot or 1 teaspoon ground ginger
- 3 tablespoons soy sauce
- 3 tablespoons rice wine vinegar
- 2 tablespoons honey
- 1 tablespoon cornstarch
- 2 teaspoons sesame oil
- 1 cup cooked and cubed ham (may substitute cooked and cubed chicken or turkey)

Heat oil in skillet. Add onion, celery, carrots, mushrooms and broccoli; sauté 1 to 2 minutes. Add water; bring to boil and continue to cook 3 minutes. Combine gingerroot, soy sauce, rice wine vinegar, honey, cornstarch and sesame oil. Add to vegetables. Continue to cook and stir for 3 minutes or until mixture thickens. Stir in ham; cook until heated through.

To serve

Arrange Orange Barley Pilaf on serving platter or 4 dinner plates. Top with Ham Sauté and serve. Makes 4 entrée servings.

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