



## **Barley-Stuffed Squash**

1 cup pearl barley  
1/2 cup chopped onion  
1/2 cup chopped celery  
1 cup shredded carrot  
Butter  
3 cups chicken broth  
1/2 teaspoon thyme  
2 medium acorn squash (about 1 pound each), halved and seeds removed  
Salt

In large saucepan over medium heat, sauté barley, onion, celery and carrot in 2 tablespoons butter until barley is lightly browned. Add chicken broth and thyme. Bring to boil. Reduce heat, cover and simmer 45 minutes or until barley is tender and liquid is absorbed. In the meantime, place squash halves in greased baking dish, cut-side down. Bake at 400° F for 30 minutes or until squash is tender. Remove squash from oven and turn, cut-side up. Sprinkle lightly with salt. Spoon equal portions of cooked barley mixture into centers of squash. Drizzle with 2 tablespoons melted butter. Return filled squash halves to oven. Bake at 350° F for 20 minutes longer. Makes 4 generous side dish or entrée servings.

Per serving: calories 408, protein 12g, fat 13g, carbohydrates 67g, cholesterol 32mg, fiber 9g, sodium 731mg.

NOTE: May cut baked squash halves in half again for 8 side dish servings.

***For more recipe ideas, visit [www.barleyfoods.org](http://www.barleyfoods.org).***