



## **Barley-Stuffed Tomatoes**

6 large tomatoes  
Salt and pepper  
3/4 cup pearl barley  
2-1/4 cups water  
3 tablespoons butter, divided  
1/2 cup chopped pecans  
1/3 cup finely chopped green bell pepper  
2 tablespoons finely chopped green onion  
Additional pecan halves, for garnish

Cut tops from tomatoes. Scoop out pulp and reserve to use in soups or sauces. Sprinkle centers of tomatoes with salt and pepper. Invert tomatoes on paper towels to drain. In a medium saucepan with lid, bring water, 1/2 teaspoon salt and 1 tablespoon butter to 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 a small skillet, sauté chopped pecans in remaining 2 tablespoons butter. Add pecans to cooked barley along with chopped bell pepper and green onion. Fill tomatoes with barley mixture. Place filled tomatoes close together in baking pan. Add 1/4 cup water to pan. Cover with foil and bake at 375° F for 20 minutes. Garnish each tomato with a pecan half, if desired, and serve. Makes 6 servings.

Per serving: 227 calories, 4g protein, 13g fat, 27g carbohydrate, 0 cholesterol, 6g fiber, 247mg sodium.

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