



## **Barley Swiss Muffins**

1-1/2 cups all-purpose flour  
1/2 cup barley flour  
3 tablespoons granulated sugar  
1 tablespoon baking powder  
1 teaspoon Italian seasoning  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1-1/3 cups low-fat buttermilk  
2 large eggs  
1/3 cup butter, melted  
1 cup shredded Swiss cheese  
1 cup chopped pitted green olives  
1/2 cup chopped and toasted walnuts  
1 jar (4 ounces) drained and chopped pimiento

Combine flours, sugar, baking powder, Italian seasoning, baking soda and salt in large bowl; set aside. In small bowl, combine buttermilk, eggs and melted butter. Add liquid ingredients, along with cheese, olives, walnuts and pimiento, to dry ingredients. Stir to blend. Spray muffin tin cups with non-stick cooking spray. Spoon batter into muffin cups, filling about 2/3 full. Bake in preheated 375° F. oven for 20 minutes or until toothpick inserted in center comes out clean. Cool slightly and serve. Makes 18 muffins.

Per serving: 156 calories, 5g protein, 16g carbohydrate, 1g fiber, 8g fat, 39mg cholesterol, 315mg sodium.

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