



Thai Barley Stir-Fry

1/2 cup pearl barley
1 cup water
2 tablespoons peanut or vegetable oil, divided
2 boneless skinless chicken breast halves,
cut into bite-size pieces
2 cloves garlic, finely chopped
1 cup thinly sliced Chinese or regular eggplant
1/2 cup chopped red bell pepper
1/2 cup chopped onion
3 tablespoons chopped fresh basil leaves
1 tablespoon chopped fresh mint leaves
8 to 10 drops red pepper sauce
1 teaspoon granulated sugar
1 tablespoon oyster sauce
1 teaspoon soy sauce
3 tablespoons chopped peanuts
Shredded red cabbage and carrot curls, for garnish

Place barley and water in medium saucepan; bring to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Set aside. In large skillet or wok, heat 1 tablespoon oil over high heat. Add chicken pieces and garlic; stir-fry 3 to 4 minutes. Add cooked barley; stir-fry an additional 3 minutes. Remove barley-chicken mixture from pan; keep warm. Heat remaining 1 tablespoon oil in skillet. Add eggplant, bell pepper and onion; stir-fry 3 minutes. Add basil, mint, red pepper sauce, sugar, oyster sauce and soy sauce; cook 2 more minutes. Return barley-chicken mixture to skillet; stir-fry 3 minutes. Sprinkle with peanuts and garnish with shredded red cabbage and carrot curls for an authentic Thai finishing touch. Makes 4 servings.

Per serving: 296 calories, 22g protein, 28g carbohydrate, 7g fiber, 11g fat, 41mg cholesterol, 186mg sodium.

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

