



Barley-Tuna Casserole

2 cups cooked pearl or whole grain barley, directions below
1 can (15 ounces) pinto beans, undrained
1 can (6 ounces) water-packed tuna, drained and flaked
1-1/2 cups shredded sharp Cheddar cheese, divided
1/2 cup non-fat milk
1 egg, beaten
1 tablespoon fresh lemon juice
1 teaspoon dill weed
1 teaspoon Worcestershire sauce
1/2 teaspoon dry mustard
1/2 teaspoon salt

Preheat oven to 350° F. Coat 8-inch square baking pan with nonstick vegetable spray. Combine cooked barley with beans, tuna, 1 cup shredded cheese and remaining ingredients. Spread in prepared baking pan. Top with remaining 1/2 cup shredded cheese. Bake 45 to 50 minutes or until cooked through. Let stand 5 to 10 minutes before serving. Makes 6 servings.

Per serving: calories 319, protein 23g, carbohydrates 29g, fiber 6g, fat 13g, cholesterol 115mg, sodium 646mg.

To cook barley

In medium saucepan with lid, bring 3 cups water to a boil. Add 1 cup pearl barley or whole grain barley kernels and return to boil. Cover, reduce heat to low and cook 45 minutes or until barley is tender and liquid is absorbed. If cooking whole grain barley, extend cooking time to 50-55 minutes and pour off any unabsorbed liquid after cooking. Makes about 3 cups.

NOTE: Place any unused cooked barley in an airtight container and refrigerate or freeze for up to a week. Use to add extra flavor and fiber to soups, stews, salads and casseroles. For best results, bring refrigerated or frozen cooked barley to room temperature before using.

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

