



Turkey Barley Skillet Supper

2 teaspoons olive oil
3/4 cup chopped onion
8 ounces sliced fresh mushrooms
1 teaspoon dried oregano leaves, crushed
1 teaspoon salt
3/4 teaspoon ground black pepper
1/2 cup water
1 teaspoon chicken seasoning base
2 cups low-fat sour cream
1 teaspoon all-purpose flour
2 cups cooked pearl barley, cooking directions below
2 cups cooked and cubed turkey
Chopped fresh parsley, for garnish

Heat oil in large skillet over medium-high heat. Add onion and mushrooms; sauté 4 to 5 minutes, stirring occasionally. Season with oregano, salt and pepper. Cook additional 4 minutes. Stir in water and chicken seasoning. Blend together sour cream and flour. Stir in sour cream mixture, cooked barley and turkey. Continue to cook over low heat until heated through. Garnish with chopped parsley, if desired and serve. Makes 8 servings.

To cook pearl barley

In medium saucepan with lid, bring 3 cups water to a boil. Add 1 cup pearl barley and return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Makes about 3 to 3-1/2 cups. NOTE: Pearl barley may be cooked ahead of time, placed in an airtight container and refrigerated or frozen for up to a week. For best results, bring refrigerated or frozen cooked barley to room temperature before using.

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