



## **Turkey Barley Stir-Fry**

2 teaspoons olive oil  
2 cups cooked pearl barley, cooking directions below  
1-1/2 cups cooked and cubed turkey  
1/2 cup finely chopped red bell pepper  
1/2 cup sliced green onion  
3 eggs  
1 teaspoon garlic salt  
1/2 teaspoon ground ginger  
1 tablespoon low-sodium soy sauce  
1/4 cup slivered almonds, toasted

Heat oil in large skillet over medium-high heat. Add barley, turkey, bell pepper and onion. Stir-fry 4 to 5 minutes. In small bowl, beat together eggs, garlic salt and ginger. Add to barley-turkey mixture, stir-frying until egg mixture is cooked. Sprinkle on soy sauce and almonds. Stir to combine 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](http://www.barleyfoods.org).***