



## **Cheesy Barley Frittata**

1 cup pearl barley or whole grain barley  
3 cups water  
10 eggs  
2 cups cottage cheese  
1/2 cup all-purpose flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
1 pound shredded Cheddar cheese  
1/4 cup shredded Parmesan cheese  
1 cup chopped green onions  
1/2 cup butter, melted  
1 jar (4 ounces) pimento, drained and chopped  
5 teaspoons Italian seasoning  
Prepared Marinara sauce

In medium saucepan with lid bring water to a boil. Add pearl barley; return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. If using whole grain barley, increase cooking time to 50-55 minutes and pour off any unabsorbed liquid after cooking. In blender, whirl together eggs, cottage cheese, flour, baking powder and salt. Pour into large bowl and add cooked barley, cheeses, green onion, butter, pimento and Italian seasoning. Pour mixture into buttered 13x9x2-inch baking dish. Bake in preheated 425° F oven for 15 minutes. Reduce temperature to 350° F and continue to bake 30-35 minutes longer or until frittata is brown and puffy. Cool slightly and cut into 12 squares. Serve with warm Marinara sauce.

Makes 12 servings.

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