



Cranberry Orange Barley

1 tablespoon olive oil
1 garlic clove, finely chopped
1 cup pearl barley or whole grain barley
1-1/2 cups cranberry apple juice
3/4 cup fat-free chicken broth
1 large orange (grate peel and reserve)
1 cup dried cranberries
2/3 cup sliced almonds, toasted

In 2-quart saucepan with lid, heat oil over medium-high heat. Add garlic and sauté for 1 minute. Stir in barley and cook for 2 minutes. Mix in cranberry apple juice, broth and grated orange peel. Bring to a boil. Lower heat; cover and simmer 45 minutes. If using whole grain barley, increase cooking time to 50-55 minutes. Stir in cranberries; cover and plump for 10 minutes. Separate orange into segments and cut into bite-size pieces. Stir in orange pieces and toasted almonds. Makes 8 servings.

Per serving: calories 238, protein 4g, carbohydrates 44g, fiber 6g, fat 6g, cholesterol 0, sodium 51mg.

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