



Fiesta Cheese and Chile Barley

1 cup pearl barley or whole grain barley
3 cups water
4 cups (1 pound) shredded Monterey Jack or Cheddar cheese (or combination of both), divided
1-1/2 cups sour cream
1 can (7 ounces) chopped green chiles

In medium saucepan with lid bring water to a boil. Add 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. Cool slightly. Combine barley, 3 cups shredded cheese, sour cream and chiles in large bowl. Spray a deep 10-inch pie plate with non-stick cooking spray. Pour barley mixture into pie plate. Sprinkle with remaining 1 cup shredded cheese. Bake in preheated 350° F oven for 30 to 35 minutes. Makes 6 servings.

Per serving: calories 548, protein 25g, carbohydrates 32g, fiber 5g, fat 36g, cholesterol 99mg, sodium 500mg.

NOTE: To save on prep time, barley may be cooked ahead of time. Place cooked barley in an airtight container and refrigerate or freeze up to a week before using. For best results, bring refrigerated or frozen cooked barley to room temperature before adding to other ingredients.

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