

Barley Pine Nut Casserole

Peggy Zeigler found this Sunset recipe in her file.

INGREDIENTS:

- ☐ 6 tablespoons butter
 - ☐ ¼ to ½ cup pine nuts
 - ☐ 1 medium onion, chopped
 - ☐ 1 cup pearl barley, rinsed
 - ☐ ½ cup minced parsley
 - ☐ ¼ cup minced chives
 - ☐ ¼ teaspoon pepper
 - ☐ 2 cans (14½ ounces each)
chicken or beef broth
 - ☐ Salt
 - ☐ Parsley sprigs
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INSTRUCTIONS: Melt 2 tablespoons butter in a 12-inch skillet over medium heat. Add nuts. Stir until lightly toasted. Remove nuts with a slotted spoon; set aside. Add remaining butter,

the onion and barley; cook, stirring, until barley is lightly toasted. Spoon into a 1½-quart casserole, adding nuts, parsley, chives and pepper. (At this point, you may cover and refrigerate the casserole for up to one day.) Bring broth to a boil, pour over barley mixture. Stir to blend. Bake, uncovered, in a 375° oven until barley is tender and almost all liquid has been absorbed, about 70 minutes. Season to taste with salt; garnish with parsley.

Serves 4 to 6

PER SERVING: 275 calories, 7 g protein, 31 g carbohydrate, 15 g fat (8 g saturated), 32 mg cholesterol, 123 mg sodium, 6 g fiber.