

Barley Pine Nut Casserole

Peggy Zeigler found this *Sunset* recipe in her file.

INGREDIENTS:

- 6 tablespoons butter
- $\frac{1}{4}$ to $\frac{1}{2}$ cup pine nuts
- 1 medium onion, chopped
- 1 cup pearl barley, rinsed
- $\frac{1}{2}$ cup minced parsley
- $\frac{1}{4}$ cup minced chives
- $\frac{1}{4}$ teaspoon pepper
- 2 cans (14 $\frac{1}{2}$ ounces each) chicken or beef broth
- Salt
- Parsley sprigs

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 1 $\frac{1}{2}$ -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.