



The University of Georgia

®

Barley! A Healthy Whole Grain Option

**Barley was the
food of the
Gladiators!**

Learning for Life

**The
University of
Georgia
Cooperative
Extension**

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office at



Why is barley good for you?

- **Low in fat**
- **High in fiber. Helps to control cholesterol levels and constipation.**
- **Provides selenium, copper, B vitamins, and iron.**



What Kinds Can I Buy?

Hulled: The healthiest kind but takes 1-2 hours to cook.

Pearled: Most popular. Not quite as nutritious as hulled, but cooks in only 30-45 min.

Quick cooking (Scotched): Cooks in 10 minutes, but has the fewest nutrients.

Incorporating Barley into Your Diet!

- Add to salads.
- Use as a hot cereal.
- Add to stews and soups.
- Mix barley flour and flakes with wheat flour to make more flavorful baked goods.
- Use as a substitute for rice in any recipe.



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Barley Stroganoff

8 ounces ground turkey breast	1/4 cup water
1 teaspoon olive or canola oil	1 cup fat free sour cream
1/2 chopped onion	1 teaspoon cornstarch
1 cup sliced mushrooms	1 cup cooked barley
1/2 teaspoon dried crushed oregano	Chopped fresh parsley
1/4 teaspoon black pepper	1/2 teaspoon Mrs Dash®
Non-stick vegetable spray	Table Blend

- 1. Spray a large skillet with non-stick spray. Heat over medium heat. Add meat and cook until no longer pink. Remove from pan and drain.**
- 2. Add olive oil, onions and mushrooms. Sauté for 5 minutes. Stir frequently.**
- 3. Season with oregano and black pepper. Cook 5 minutes more. Add water.**
- 4. Blend sour cream with cornstarch. Add to skillet with cooked barley. Return ground meat as well. Heat over low heat until thickened slightly.**
- 5. Season with Mrs. DASH and top with the parsley just before serving.**

4 servings

Nutrition Information:

Calories: 193 Carbohydrate: 26 grams Protein: 12 grams Fat: 4 grams

Saturated Fat: 1 gram Cholesterol: 29 milligrams Sodium: 245

Fiber: 3 grams