



Recipe: Add barley to your diet



If you've never cooked with barley before, fear not. It's as easy to prepare as rice or oatmeal and just as delicious.

Barley can easily be added to soups and salads or substituted for rice in dishes, such as stir fry and curry. So grab yourself some whole grain barley and get cooking.

INGREDIENTS

- 1 cup hulled barley
- 3 cups water or broth
- Pinch of salt (optional)

DIRECTIONS

1. In a large saucepan, combine the barley and water. Add a pinch of salt if desired.
2. Bring to a boil over medium-high heat.
3. Once it has boiled, lower the heat to a simmer. Cook for 40-50 minutes until the barley is tender but chewy.
4. Remove from heat and allow the barley to sit for a few minutes to soak up any extra water.
5. Drain any excess water if needed.
6. Fluff with a fork and enjoy!