

Vegetable Barley Stir Fry

Serving Size: 1/6 of recipe

Serves: 6

Ingredients

1 cup pearl barley

2½ cups water

2 and 1 tablespoons vegetable oil, divided

1½ teaspoons ground fresh ginger

3 cloves garlic, minced

1 cup fresh mushrooms, sliced

2 medium carrots, shredded

1 cup broccoli florets

1 medium red bell pepper, julienned

1 can sliced water chestnuts

1 cup snow peas, whole pods

2 green onions, cut into 1 inch lengths

1 cup bok choy leaves, cut lengthwise

3 tablespoons light soy sauce mixed in 3 tablespoons water

Directions

Bring barley and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the barley is tender, but still slightly firm in the center, about 15 - 20 minutes. Drain and set aside to cool.

Heat 2 tablespoons of the oil in a large skillet or wok. Add the ginger, garlic, mushrooms and barley. Toss to blend the flavors. Set aside and keep warm.

Add 1 tablespoon of oil to the skillet or wok. Sauté the carrots and broccoli until crisp tender, about 2 minutes. Add the peppers and water chestnuts and sauté about 1 minute. Add the snow peas, onions and bok choy and sauté an additional 1 minute until all vegetables are crisp tender. Stir in the soy sauce mixture and blend well.

Combine the barley and vegetables and serve hot.

Exchanges per serving:

1 Starch, 3 Vegetables, 1 Fat

Nutrients per serving:

Calories: 218

Calories from fat: 65

Total Fat: 7g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 298mg

Carbohydrate: 34g

Dietary Fiber: 7g

Protein: 6g