BARLEY ALMOND CASSEROLE

SERVES 8

INGREDIENTS
1/4 cup butter or oil
1 large onion, chopped
4 cloves garlic, crushed
2 1/2 cups (one box) barley
1 cup sliced almonds, toasted
32 ounces (4 cups) chicken broth

DIRECTIONS
1. Cook onion, garlic, and some celery in butter or oil until translucent.
2. Add barley and cook until browned.
3. Combine with remaining ingredients and bake, covered, at 350 degrees F, for about 45 minutes to 1 hour or until barley is tender but not mushy.

NUTRITION INFORMATION:

Calories: 562
Fat: 21.8 grams (g)
Saturated Fat: 7.3 grams (g)
Trans Fat: 0 grams (g)
Cholesterol: 24 milligrams (mg)
Carbohydrates: 76.2 grams (g)
Dietary Fiber: 18.9 grams (g)
Protein: 19.8 grams (g)
Sodium: 660 milligrams (mg)
Vitamin A: 7%
Calcium: 10%
Vitamin C: 5%
Iron: 25%

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