

Barley with Mushrooms and Walnuts

2 T. butter
1 cup sliced mushrooms
6 green onions chopped or one small yellow onion
1/2 cup chopped walnuts
1 teaspoon dried thyme or 1 T. fresh
1 cup barley
2 cups chicken broth
1 cup water
1/3 cup raisins

Sauté butter in 2 quart casserole on the stove until melted. Stir in mushrooms, onions, walnuts and thyme. Cook for 3 minutes. Stir in the barley and cook for 2 minutes more. Stir in the liquid and the raisins, cover and cook for 35 minutes or until all the liquid is absorbed. Let it stand covered for 5 minutes before serving.

Serves 4.

Barley Salad With Green Beans

8 oz. trimmed green beans
1/4 cup plain yogurt
2 T. chopped fresh basil leaves
2 cups cooked barley
1/2 teaspoon salt

Cook the barley first. Boil 2 cups water and add 1/2 cup pearl barley and 1/2 teaspoon salt. Cover and simmer for about 40 - 45 minutes or until water is absorbed. This will yield 2 cups of cooked barley. Drain the barley, toss with a [vinaigrette](#), cover and refrigerate for at least an hour.

Cook the green beans in salted water that has been brought to a boil. Simmer for 3 minutes. Rinse under cold water, drain well and pat dry. Toss the beans with basil, yogurt, salt and pepper. At this point you can cover the green beans and refrigerate. When both green beans and barley are chilled toss together and serve.

Serves 4.

