

# Barley & Spinach Skillet Dinner



Barley adds texture and fiber to this quick and easy meal!

## Ingredients

3/4 cup quick-cooking barley	1 cup chopped red bell pepper
1 cup chopped green bell pepper	1/8 tsp garlic powder
1/8 tsp crushed red pepper flakes	2 cups chopped fresh spinach
1 cup canned navy beans	1 cup quartered cherry or grape tomatoes
1/4 cup chopped fresh basil	1 tbs olive oil
2 tbs Italian seasoned bread crumbs	1 lemon, quartered

## Instructions

- Rinse and drain beans
- Preheat broiler
- In large skillet, bring 1 cup water to boil. Add barley, peppers, garlic, and pepper flakes. Reduce heat, cover tightly and simmer 10 minutes or until water is absorbed.
- Remove from heat, stir in spinach, beans, tomatoes, basil, and olive oil.
- Transfer to broiler-safe dish. Sprinkle evenly with bread crumbs.
- Broil 2 minutes or until golden brown. Serve with lemon wedge.

# Nutritional Information

Serving Size: 4 servings

Calories: 261

Total Fat: 4.7g

Saturated Fat: .8g

% of Calories from Fat: 16%

Cholesterol: 0mg

Protein: 11g

Carbohydrates: 47g

Dietary Fiber: 12g

Sodium: 323mg

Recipe from Fruits & Veggies More Matters