

Microwave Barley

- 1 medium onion
- 1 tbsp margarine or butter
- 1 cup barley
- 1/2 cup slivered almonds
- 5 oz can water chestnuts, chopped
- 8 oz can mushrooms
- 2 cups vegetable or beef broth
- 2 tbsp dry onion



In a two quart, covered microwavable container, melt margarine. Add onions and barley. Cook on high six minutes, stirring every two to three minutes. Add the remaining ingredients. Cover. Cook at medium power for 20 minutes, until all the liquid is absorbed. Time may need to be adjusted for your microwave oven. Serve as a side dish or vegetarian entree. (Tip: this recipe is even better if made a day ahead.)

Nutritional Information

Makes 4 servings

Treasure Valley Cardiology

Nutrition Facts

Mircrowave Barley

Serving Size: 1 serving

Amount Per Serving

Calories 210

Total Fat 9.6g

Saturated Fat 1.2g

Trans Fat 0g

Cholesterol 0mg

Sodium 263mg

Carbohydrate 25.3g

Dietary Fiber 6.3g

Sugars 5.3g

Protein 5.8g

Vitamin A 3% Vitamin C 7%

Calcium 10% Iron 11%