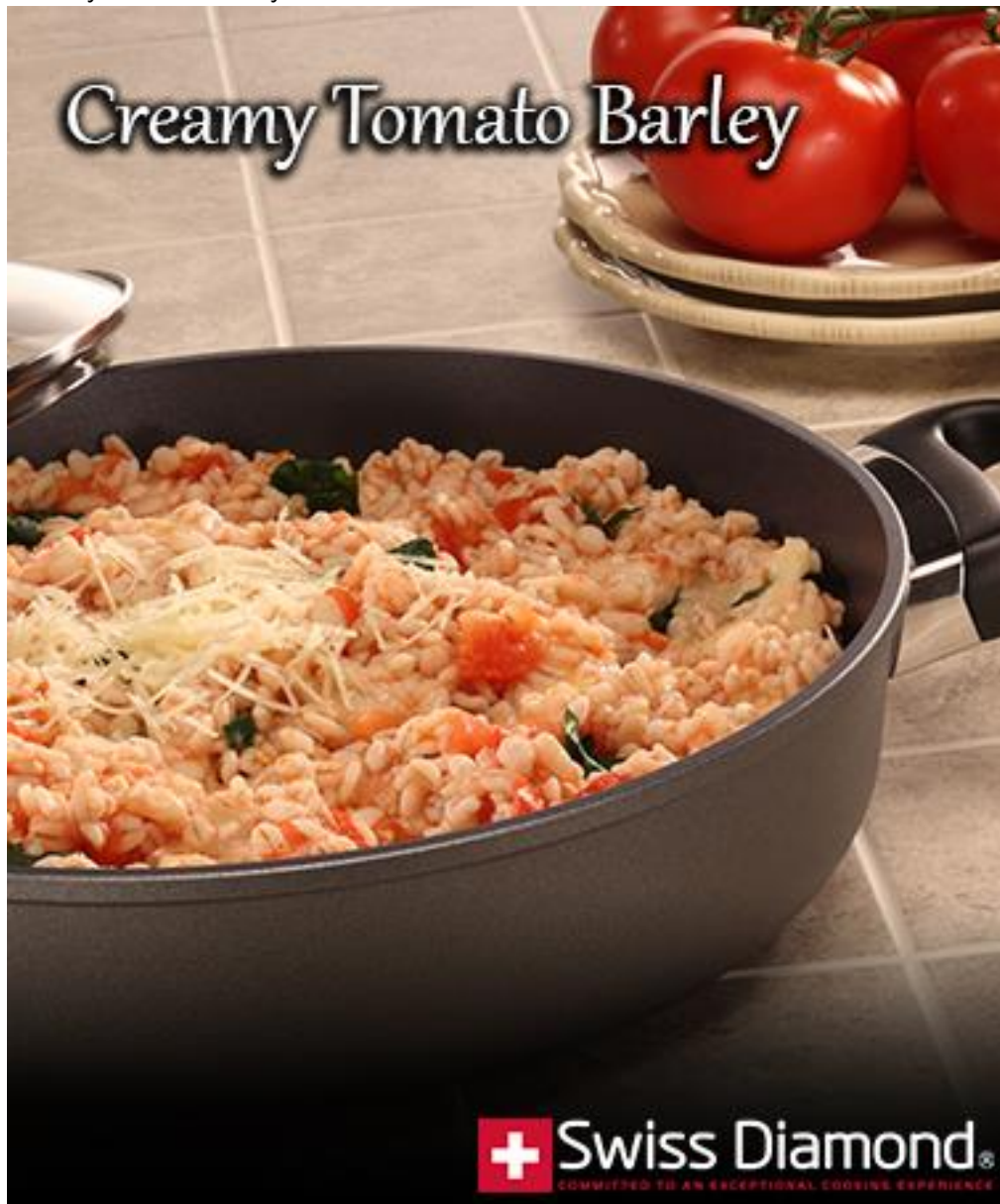


Trying to incorporate more whole grains into your diet – without sacrificing flavor? This recipe for Creamy Tomato Barley is both healthy and delicious! Serve it as a side dish with your favorite meal, or double the portion size for an easy vegetarian main course.

Why eat barley? Barley is a whole grain – high in both fiber and protein. It contains both soluble and insoluble fiber, which the FDA claims have numerous health benefits. Soluble fiber can reduce the risk of coronary heart disease and lower cholesterol, while insoluble fiber reduces the risk of Type 2 diabetes and colon cancer.

Quick-cook barley can be substituted in most recipes, like the one below. It is just as healthy, yet takes only a few minutes to cook!

#### Creamy Tomato Barley



Prep Time: 10 minutes

Cook Time: 30 minutes

Yield: 4 cups

Servings: 4

### Ingredients

2 tablespoons olive oil  
1 onion, finely chopped  
1/2 teaspoon salt  
1/4 teaspoon pepper  
2 cups quick-cook barley  
1 can (28 oz.) diced tomatoes, drained  
1 cup dry white wine  
2 1/2 cups water  
8 cups mustard green leaves or spinach, torn into pieces  
2 ounces Brie (rind removed), cut into small pieces  
1/2 cup grated Parmesan (2 oz.)

### Directions

1. Heat the oil in a Swiss Diamond 4.8 qt. sauteuse over medium heat. When the oil is warm, add the onion, salt and pepper. Cook, stirring occasionally, until tender, 6 to 8 minutes.
2. Add the barley, tomatoes, wine and water. Bring to a boil.
3. Reduce heat and simmer, stirring occasionally, until the barley is tender, 12 to 15 minutes.
4. Add the mustard greens, Brie, and 1/4 cup of the Parmesan. Cook, stirring occasionally, until the greens are tender, 3 to 4 minutes.
5. Divide among bowls and sprinkle with the remaining 1/4 cup of Parmesan.