Barley! A Healthy Whole Grain Option

Barley was the food of the Gladiators!

Why is barley good for you?

- Low in fat
- High in fiber. Helps to control cholesterol levels and constipation.
- Provides selenium, copper, B vitamins, and iron.

Contact your local office at The University of Georgia Cooperative Extension
What Kinds Can I Buy?

Hulled: The healthiest kind but takes 1-2 hours to cook.

Pearled: Most popular. Not quite as nutritious as hulled, but cooks in only 30-45 min.

Quick cooking (Scotched): Cooks in 10 minutes, but has the fewest nutrients.

Incorporating Barley into Your Diet!

• Add to salads.

• Use as a hot cereal.

• Add to stews and soups.

• Mix barley flour and flakes with wheat flour to make more flavorful baked goods.

• Use as a substitute for rice in any recipe.
Barley Stroganoff

8 ounces ground turkey breast
1 teaspoon olive or canola oil
1/2 chopped onion
1 cup sliced mushrooms
1/2 teaspoon dried crushed oregano
1/4 teaspoon black pepper
Non-stick vegetable spray

1/4 cup water
1 cup fat free sour cream
1 teaspoon cornstarch
1 cup cooked barley
Chopped fresh parsley
1/2 teaspoon Mrs Dash®
Table Blend


2. Add olive oil, onions and mushrooms. Sauté for 5 minutes. Stir frequently.

3. Season with oregano and black pepper. Cook 5 minutes more. Add water.

4. Blend sour cream with cornstarch. Add to skillet with cooked barley. Return ground meat as well. Heat over low heat until thickened slightly.

5. Season with Mrs. DASH and top with the parsley just before serving.

4 servings

Nutrition Information:
Calories: 193  Carbohydrate: 26 grams  Protein: 12 grams  Fat: 4 grams
Saturated Fat: 1 gram  Cholesterol: 29 milligrams  Sodium: 245
Fiber: 3 grams