



A nutrition Fact Sheet



Barley

About

- Barley is very high in fiber and studies show that eating barley may reduce blood pressure, lower LDL cholesterol (“bad cholesterol”), help control blood sugar, and help people feel full longer.
- **Varieties:** At most markets, you will have the choice between three kinds of barley.
 - **Hulled barley** is the most nutritious, since only the tough outer hulls are polished off and it is chewier. Hulled barley takes 90 minutes to cook.
 - **Pearl (or pearled) barley** is the most common form. Pearl barley is stripped of the hull and bran layer leaving just the “pearl” inside. Despite this, it is still fairly nutritious. It takes about 45 minutes to an hour to cook.
 - **Quick cooking barley** is similar to pearl barley in taste and nutrients, but it only takes about ten minutes to cook since it has been pre-steamed. It generally costs more.

Nutrition Facts

One-half cup of *hulled* barley provides over 60% of the recommended daily amount of fiber. One-half cup of *pearled* barley provides 12% of the recommended daily amount of fiber. Barley is also a good source (>10% of recommended daily amounts) of potassium, protein, iron, vitamin B-6, and magnesium.

Storing

Store barley in a cool, dry place in a closed package or air-tight container for up to 1 year. For longer storage, refrigerate or freeze.

Cooking

Stovetop: Rinse barley thoroughly. Place 3 cups water in saucepan. Add 1 cup barley. Bring to boil. Cover and turn heat to low. Cook for 45 minutes or until barley is tender and liquid is absorbed.

Cooking Tips:

- Barley swells when it cooks.
1 cup uncooked = 3 to 3½ cups cooked
- To add flavor, cook barley in beef, chicken, or vegetable broth instead of water.
- Cook a double batch of barley and freeze in individual or family-sized amounts.

Ways to Enjoy

Try cooked barley instead of rice in stuffed green peppers, stir fries, fried rice, and wraps.

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Barley Pilaf

Yield: 8 servings • Serving Size: ½ cup

- 1 Tablespoon vegetable oil
- 1 cup chopped onion
- ½ cup chopped celery
- 1 Tablespoon Italian seasoning (optional)
- ½ cup chopped green or red bell pepper (optional)
- 1 cup sliced fresh mushrooms or 1- 4 ounce can mushrooms, drained
- 1 cup uncooked pearl barley
- 2½ cups water
- 1 cube or teaspoon vegetable, beef, or chicken bouillon (may use low sodium bouillon)

1. Place a medium pan over medium heat; add vegetable oil, onion, celery, and Italian seasoning (if using). Cook, stirring often until onion is soft.
2. Add bell pepper (if using), mushrooms, and pearl barley. Stir well.
3. Add water and bouillon and stir to dissolve bouillon. Bring to a boil, lower heat, and cover pan.
4. Cook for 50 to 60 minutes or until barley is tender and liquid is absorbed.

Barley and Beef Chili

Yield: 9 servings • Serving Size: 1 cup

- 2 teaspoons vegetable oil
- 1 pound lean ground beef (15% fat or less), turkey, or chicken
- 1 medium onion, chopped
- ½ cup barley, uncooked
- 1 28-ounce can cut tomatoes
- 1 cup water
- 2½ Tablespoons chili powder
- 2 teaspoons ground cumin
- ¼ teaspoon cayenne
- ½ teaspoon garlic powder
- ½ teaspoon pepper
- ½ teaspoon salt (optional)
- 3½ cups cooked beans or 2- 15-ounce cans (kidney, pinto, black, etc.)
- Grated cheese or crumbled tortilla chips for garnish (optional)

1. Heat oil in heavy frying pan over medium heat. Add ground beef and onion. Cook, stirring frequently, until beef is no longer pink.
2. Add barley, tomatoes, water, chili powder, cumin, cayenne, garlic powder, pepper, and salt (if using). Cover; cook for 30 minutes over low to medium heat.
3. Add beans and cook for 15 to 20 minutes longer or until barley is soft. Serve hot with toppings, if desired.

Nutrition Facts	
8 servings per container	
Serving size	0.5 cup (137g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 22g	8%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 1mg	6%
Potassium 158mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts	
9 servings per container	
Serving size	1 cup (261g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 300mg	13%
Total Carbohydrate 31g	11%
Dietary Fiber 8g	29%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 63mg	4%
Iron 4mg	20%
Potassium 523mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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