

Barley almond casserole



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

About this recipe

Serves

10

Serving size

1/10 of prepared recipe

Time to make

15 minutes preparation; 60 minutes cook time

Ingredients

- 1/4 cup butter or oil
- 1 large onion, chopped
- 4 cloves garlic, crushed
- 2 1/2 cups barley
- 1 cup sliced almonds, toasted
- 32 ounces (4 cups) chicken broth

Directions

1. Cook onion, garlic, and some celery in butter or oil until translucent.
2. Add barley and cook until browned.
3. Combine with remaining ingredients and bake, covered, at 350 degrees F, for about 45 minutes to 1 hour or until barley is tender but not mushy.

Tips and variations

- To get your whole grain, you should eat hulled barley, since only the tough outer hulls are polished off. Pearl barley is polished some more, so that the outer bran layer is also scrubbed off. That means pearl barley is not a whole grain, so it doesn't offer as many health benefits.
- For a complete meal, serve this casserole with baked chicken, turkey, or fish and a garden salad.
- Add mushrooms or shredded carrots.

Nutritional info

Calories

284

Total fat

9.9g

Saturated fat

3.4g

Cholesterol

12 mg

Sodium

382 mg

Total carbohydrates

43 g

Dietary fiber

9.5g

Protein

8.1 g

Total sugar

1.7g

Allergens

Tree nuts

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