

June 2014



JUNE! Time for Salads, picnics and celebrating Life with your Family and friends. Thankfully another winter is finally over and we can truly appreciate the hot days coming.

This recipe can be used as a first course or as a rich and filling dinner portion. Great with a hearty bread, it can be served as a Vegetarian alternative, or you can add cooked, chopped chicken, beef or pork for a delicious different flavor. Enjoy!

Barley with Lentils and Onions **Serves: 4-6**

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| 3 C. water | 2 Tbsp. olive oil | 1/4 Tsp. salt |
| 1 garlic clove, coarsely chopped | 1/2 C. pearl barley | |
| 1/2 C. lentils, rinsed & drained | 1 bay leaf | |
| 2 lg onions, finely chopped | 2 Tbsp. olive oil | salt to taste |
| Freshly ground black pepper, to taste | | |
| 1 C. shredded cooked lamb, chicken or beef (optional) | | |

- In med. saucepan, combine 1 1/2 C. water, 2 Tbsp. olive oil, salt and garlic. Bring to a boil & add barley in a stream. Decrease heat to med-low, cover and cook until tender, 40-45 min. Set aside.
- In another med. saucepan, place remaining 1 1/2 C. water, lentils and bay leaf. Cover and cook over med. heat until tender, 15-20 min. Discard bay leaf, drain and set aside.
- In a large skillet, heat the remaining 2 Tbsp. olive oil over med. heat. Cook the onions, stirring occasionally, until golden brown (30-35 min).
- Combine the barley, lentils and meat (opt) with the onions. Cook, stirring until hot. Season with salt and pepper - to taste. (Can also add more olive oil, if preferred).

NOTES:

- * I did not add any additional salt when I combined the mixture.
- * Alternate seasonings – 1/2-1 tsp. dried & crushed rosemary – to taste.
- * I also like the caramelized onion flavor and usually double the amount of onions and olive oil to cook them.