



## Barley

*Whole grain barley is a healthy high-fiber, high-protein whole grain boasting numerous health benefits. When cooked, barley has a chewy texture and nutty flavor, similar to brown rice. Although soup is the most popular way to eat barley, you can use it like any other grain such as couscous or rice.*

## TYPES OF BARLEY

Barley is available in natural food stores in the bulk bins or the baking section. Some regular grocers stock barley in the natural foods aisle or next to the beans and lentils

**Dehulled barley**, or hulless barley, sometimes also called unhulled barley, is unprocessed and takes longer to cook than pearl or **pearled barley**, which is more common.

**Quick cooking barley** (sometimes called "instant barley" is just as healthy, yet takes only 10 minutes to cook. Try adding a handful of quick cooking barley to a simmering pot of soup.

Most grocery stores will usually only sell pearl or pearled barley. Finding other varieties can be a bit of a challenge.

## HOW TO COOK BARLEY

Cooking barley is similar to cooking rice. Cover **1 cup of pearl barley with 2 cups of water** or vegetable broth and simmer for 30-40 minutes before fluffing with a fork. Or, try using a **rice cooker**. Add 2 1/2 cups water per cup of barley.

**Pre-soak barley** in plenty of water to cut down on the overall cooking time. Barley can be pre-soaked for as little as just an hour or up to overnight. Pre-soaking will reduce the cooking time to about fifteen minutes.

### **Barley and your health:**

According to the FDA, barley's fiber **reduces the risk of coronary heart disease** and can **lower cholesterol**.

But that's not all that this amazing food does! Barley also contains insoluble fiber, which **reduces the risk of Type 2 diabetes and colon cancer**. One cup of cooked barley provides **193 calories**, 6 grams of fiber and 3.5 grams of protein. With less than one gram of total fat per serving, barley is a virtually fat-free food and is also **cholesterol-free**.

*Article by Jolinda Hackett*