Barley Mushroom Pilaf

Ingredients:
3 cups reduced sodium broth (chicken, vegetable or beef)
1 cup barley*
1 Tbl. olive or canola oil
1 cup onion, chopped
1 cup carrot, finely chopped
2 cups mushrooms, chopped
¼ cup toasted wheat germ
1 tsp. garlic powder
1/8 black pepper
1 Tbl. fresh parsley

Directions:
1. In a medium saucepan, bring broth to a boil. Add barley and return to boiling. Reduce heat, cover and simmer about 35 minutes until barley is almost tender. Do not drain.
   *If quick barley is used, reduced cooking time to about 10 minutes.
   *If whole (hulled) barley is used, increase cooking time to 1 ½ to 2 hours.
2. Meanwhile, cook carrot, onion, and mushroom in oil until tender
3. In a greased casserole, combine undrained barley, vegetables, wheat germ, black pepper and garlic powder.
4. Bake, uncovered, in 350° oven for 20-30 minutes until all broth is absorbed.
5. Fluff with a fork, sprinkle with parsley, and serve.

Yields about 6 servings (1 cup)

Source: Recipe from Broome County CCE