



Barley

Did You Know?

Barley is not just for soup! Here are some other great ways to add barley to your meals:

- Breads
- Burgers
- Casseroles
- Chili
- Cookies
- Hot cereal
- Muffins
- Pancakes or waffles
- Pilaf
- Risotto
- Salads
- Stir fry
- Stuffed peppers or squash
- Stews



Barley may be best known as an ingredient in beer, but it is actually an important cereal grain worldwide, as well as a source of numerous health benefits!

Why barley?

- Barley is higher in fiber than most whole grains, especially *soluble fiber* which slows down digestion and makes you feel full longer.
- Whole grain barley is a good source of cancer-fighting antioxidants.
- Eating barley can help lower blood pressure, LDL (“bad” cholesterol), and help reduce the risk of heart disease.
- Recent studies have shown barley to be especially helpful in controlling blood sugar.

Varieties

There are dozens of varieties of barley, but most fall into the following three categories:

- Pearled – The inedible hull has been scraped off, which also eliminates much of the bran layer (See “*Whole Grains*” diagram). This is the most common, but least nutritious variety. ½ cup cooked provides about 97 calories, 2 grams protein, and 2 grams fiber.
- Hulled – The hull is removed more carefully, leaving most of the nutritious bran layer intact.
- Hull-less – This type of barley grows in a looser hull, so it doesn’t need to be “pearled.” ½ cup cooked provides about 113 calories, 4 grams protein, and 5 grams fiber.

How do I use barley?

- Choose hulled or hull-less barley for the most nutrition.
- Whole grain barley has a long cooking time (50-60 minutes, or slightly longer at high altitudes), so it can be helpful to make a large batch, then freeze or refrigerate smaller quantities for later use.
- See the panel to the left for several tasty ways to get the health benefits of barley!