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Barley Pilaf

Ingredients

1 tablespoon vegetable oil
1 cup onion (chopped)
1/2 cup celery (chopped)
1/2 cup green or red bell pepper (optional) (chopped)
1 cup fresh mushrooms (sliced, or 1- 4 ounce can mushrooms, drained)
1 cup pearl barley (uncooked)
1 teaspoon vegetable, beef or chicken bouillon (1 cube, may use low sodium bouillon)

Directions

1. Place a medium pan over medium heat; add vegetable oil, onion and celery. Cook, stirring often until onion is soft.
2. Add bell pepper (if using), mushrooms and pearl barley. Stir well.
3. Add water and bouillon and stir to dissolve bouillon. Bring to a boil, lower heat and cover pan.
4. Cook for 50 to 60 minutes or until barley is tender and liquid is absorbed.

Nutrition Information

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Makes: 8 servings

Whole Wheat Muffins

Ingredients

1 cup flour (all purpose)
1 cup whole wheat flour
1/2 teaspoon salt
2 teaspoons baking powder
1/4 cup brown sugar (firmly packed, or white sugar)
1 cup milk
2 eggs
1 teaspoon vanilla (optional)
1/4 cup butter (melted, or 1/4 cup vegetable oil)
1 tablespoon sugar
1/2 teaspoon ground cinnamon

Directions

1. Preheat oven to 400 degrees. Lightly grease a muffin pan, or line with paper muffin cups.
2. Mix together sugar and cinnamon for topping and set aside.
3. In a large bowl, stir together flour, salt, baking powder, and sugar. In a liquid measuring cup, measure milk, and then add eggs, vanilla, and melted butter. Mix with a fork until well combined.
4. Pour milk mixture over flour mixture and stir with a spoon, about 20 strokes, until flour is just moistened. Batter will be lumpy.
5. Fill prepared muffin cups about 2/3 full with batter. Sprinkle about 1/4 teaspoon of cinnamon/sugar topping over each muffin. Bake in oven for 20 to 25 minutes until golden brown.

Nutrition Information

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Makes: 12 servings
Springtime Cereal

**Ingredients**

- 3/4 cup wheat and barley nugget cereal
- 1/4 cup bran cereal (100%)
- 2 teaspoons sunflower seeds (toasted)
- 2 teaspoons almonds (toasted, sliced)
- 1 tablespoon raisins
- 1/2 cup banana (sliced)
- 1 cup strawberries (sliced)
- 1 cup yogurt (raspberry or strawberry, low-fat)

**Directions**

1. Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds, and almonds in a medium bowl.
2. Add the raisins, the bananas, and halve the strawberries.
3. Gently stir in the yogurt and divide between two bowls.
4. Scatter the remaining strawberries over the top and enjoy!

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Granola Bars

**Ingredients**

- 1 cup honey
- 1 cup peanut butter
- 3 1/2 cups rolled oats
- 1/2 cup raisins
- 1/2 cup carrot (grated)
- 1/2 cup coconut flakes

**Directions**

1. Preheat oven to 350 degrees.
2. Peel and grate the carrots.
3. Put the honey and peanut butter in a large saucepan. Cook on low heat until they melt.
4. Remove the pan from the heat. Turn off the burner.
5. Add oatmeal, raisins, carrots, and coconut to the saucepan. Stir well, and let it cool until you can safely touch it.
6. Put the mix in the baking pan.
7. Press the mix firmly into the bottom of the pan.
8. Bake for 25 minutes.
**Quinoa and Black Bean Salad**

**Ingredients**
- 1/2 cup quinoa (dry)
- 1 1/2 cups water
- 1 1/2 tablespoons olive oil
- 3 teaspoons lime juice
- 1/4 teaspoon cumin
- 1/4 teaspoon coriander (ground, dried cilantro seeds)
- 2 tablespoons cilantro (chopped)
- 2 scallions (medium, minced)
- 15 ounces canned black beans (rinsed and drained)
- 2 cups tomato (chopped)
- 1 red bell pepper (medium, chopped)
- 1 green bell pepper (medium, chopped)
- 2 green chilies (fresh, minced, to taste)
- Black pepper (to taste)

**Directions**

1. Rinse the quinoa in cold water. Boil water in a saucepan, and then add the quinoa.
2. Return to boil, and then simmer until the water is absorbed, 10 to 15 minutes.
3. Cool for 15 minutes. While quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped cilantro, and scallions in a small bowl, and set aside.
4. Combine chopped vegetables with the black beans in a large bowl. and set aside.
5. Once quinoa has cooled, combine all ingredients and mix well. Cover and refrigerate until ready to serve.

**Nutrition Information**

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**Makes:** 6 servings

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**Stone Curry with Brown Rice**

**Ingredients**
- 3 tablespoons olive oil
- 1 medium onion (diced)
- 3 cups water
- 2 cans chickpeas (drained and rinsed, 14-ounce)
- 2 medium red-skinned potatoes (diced)
- 1 medium sweet potato (peeled and diced)
- 1 medium tomato (chopped)
- 4 cups finely chopped spinach
- 1/2 cup jarred mild curry sauce (or 1 tablespoon curry powder)
- 4 cups cooked brown rice

**Directions**

1. In a large saucepan over moderate heat, warm the olive oil. Add the onion and sauté, stirring occasionally, until soft and translucent, about 4 minutes. Add the water and bring to a boil.
2. Add the chickpeas, red-skinned potatoes, sweet potato, tomato, and spinach, one at a time.
3. Reduce the heat to low and simmer the vegetables until tender, about 10 minutes. Add the curry sauce or powder and simmer for 5 more minutes. Serve over brown rice.

**Nutrition Information**

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**Makes:** 8 servings