



Honey-Orange Barley Porridge

YIELD: 4 SERVINGS

1 cup uncooked pearled barley
¾ cup dried currants or raisins
1 tsp finely grated orange zest
¾ tsp salt
4 cups water
2 Tbsp honey
skim milk or soy milk, for serving

In a heavy-bottomed saucepan, combine the barley, currants, orange zest, salt, and water. Cover and bring to a boil, then reduce the heat and simmer, stirring occasionally, until the barley is tender, about 35 minutes. Stir in honey. Serve hot. Pass milk at the table.

Calories 290, Protein 6 gm, Fat 0.5 gm, Cholesterol 0 mg, Dietary Fiber 10 gm, Sodium 440 mg, Calcium 40 mg

Recipe adapted from: 366 Delicious Ways to Cook Rice, Beans, and Grains; Andrea Chesman.