

Baked Chicken with Apples and Barley



A slight sweet glaze from the marmalade balances nicely with the curried chicken on a bed of barley with colored pepper "confetti."

INGREDIENTS

1 tablespoon olive oil
1/2 cup chopped onion
1/2 cup chopped red bell pepper
1/2 cup chopped green bell pepper
1 clove garlic, finely chopped
1 medium tart green apple, chopped
1-2 tablespoons curry powder
1 cup whole grain barley kernels
2-1/2 cups chicken broth
4 boneless, skinless chicken breasts
1/2 teaspoon garlic salt (or a little minced garlic)
3 tablespoons orange marmalade or apricot jam

INSTRUCTIONS

1. Heat oil in large skillet; sauté onion, bell peppers and garlic 5 minutes, stirring occasionally.
2. Add chopped apple and curry powder; sauté 4 minutes longer.
3. Stir in barley and chicken broth; bring to boil. Reduce heat and simmer 20-25 minutes.
4. Pour barley mixture into large baking dish or casserole. Arrange chicken breasts over barley and season with garlic salt. Cover and bake in 375° F oven for 45 minutes. Remove cover; brush chicken with marmalade. Continue to bake, uncovered, 15 minutes longer. Remove from oven and let stand 5 minutes before serving.

Recipe courtesy of **National Barley Foods Council**

Nutrition Facts: Calories - 431, Protein - 34g , Fat - 8g, Carbohydrates - 59g, Cholesterol - 68mg, Fiber - 9g, Sodium - 850mg

makes: 4 servings