

Nutty Barley

1 Cup pearl barley (or ½ cup barley and ½ cup brown or wild rice)
2 cups Vegetable broth
½ tsp Spike seasoning
1 T. olive oil
1 tsp. butter
1 large onion, halved and sliced
3 cups packed, chopped chard or other green
½ cup chopped red pepper
¼ cup chopped pecans
½ tsp. Thyme

Place barley in saucepan, cook over medium heat, stirring frequently until toasted. SLOWLY add broth, seasonings then bring to a boil. Reduce heat and simmer, covered until liquid is gone (25-30 minutes).

Meanwhile, heat oil and butter in skillet. Saute' onion for 20 minutes or until browned. Add chard, red pepper and thyme. Saute' until chard is wilted. Stir into cooked barley with pecans.