

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Easy and Delicious Comfort Food for Cold and Snowy Winter Days!

Nutty, Chewy Barley & Rosemary add Good-for-You Flavor:

Green Apple Chicken with Rosemary Barley Pilaf

2 Cups Apple Juice or Cider
1 Cup Pearl Barley
1 TB Chopped Rosemary
1 TB Olive Oil
1 LB Chicken Tenders or Pork Tenderloin cut in strips
1 Large Red Onion, Chopped
1 Large Garlic Clove, Grated
¼ Cup Apple Jelly
1 Large Unpeeled Granny Smith Apple, Chopped
¼ Cup Toasted Chopped Pecans
Sea Salt and Freshly Cracked Black Pepper

Step One In a large saucepan, heat the apple juice to boiling.

Stir in the barley and reduce the heat to low. Cover and let simmer for about 30 minutes or until tender but still chewy.

Step Two Turn the heat off, remove the pot from the heat, and pour off any excess water. Immediately cover the pot and place it back on the stovetop and let the barley steam. When ready to serve, stir in the rosemary and taste for salt and pepper.

Step Three While the barley is cooking, sauté the chicken. Heat the oil over medium – high heat, season the chicken with salt and pepper and add them, stirring constantly. Add in the onion and cook and stir for an additional 5 minutes or until the onion is wilted

and the chicken is done. Stir in the grated garlic.

Step Four Add in the apple jelly and chopped apple. Taste for salt and pepper. Top the rosemary barley with the green apple chicken and sprinkle with the toasted chopped pecans.

2 Kitchen Smidgen

Barley is full of fiber, selenium, phosphorus, copper and manganese. Pearled Barley has been polished to remove the outer hull of the grain. The smaller the barley, like baby pearled barley, the more of its nutrients have been polished off.

3 Get Creative

Not eating meat tonight? Try this recipe with roasted butternut squash instead of chicken or pork – it's delicious!

4 WINE of the Week

Trevor Jones Boots Grenache
Barossa Valley Australia
About \$15.00 at Total Wine

Did you know that Grenache is one of the world's most widely-planted grapes? Boots is a Spanish-style grenache with a little cabernet franc and merlot mixed in. The wine, made from vines that are 70-80 years old, is a versatile red that is super with herb and spice driven dishes like this chicken.