

Scottish Barley-Mushroom Chicken Casserole

By Ruby Campbell

ingredients:

- Non-fat cooking spray + 2 tab. olive oil (or butter)
- 1 ½ to 2 lbs. chicken tenders or chicken breasts cut in strips
- 2 cloves peeled and minced garlic
- 2 yellow onions, diced
- 1 lb. mushrooms, thinly sliced
- ½ tab. dried basil
- 1 cup pearled barley
- 3 cups chicken stock
- ½ cup chopped parsley
- Salt and pepper to taste

directions:

- Preheat oven to 375 degrees.
- Spray a 2-quart stove-top covered casserole and add butter or oil in which to saute chicken.
- When browned, remove chicken and saute garlic and onion about 5 to 7 minutes.
- Add mushrooms and saute until they are golden, about 5 minutes. Add the barley, basil and chicken to the mushroom mixture and toss lightly.
- Pour in chicken stock and season to taste with salt and pepper.
- Slowly bring the casserole to a boil, then remove it from heat. Cover the casserole and bake in the oven until barley is tender, about 45-50 minutes.
- Before serving, add the chopped parsley and toss gently.
- Serve piping hot.

(Omitting the chicken makes this a great side dish as a replacement for potatoes or rice.)