

# Barley and Pine Nut Casserole

from the Philadelphia Eagles cook book. Carol Vermeil's recipe  
Sonya Driscoll @ 2013 Potluck

1 cup pearl barley  
6 Tbsp. butter or margerine  
1/2 cup pine nuts or slivered almonds  
pine nuts are better  
1 medium onion, chopped  
1/2 cup fresh minced parsley  
1/2 cup sliced green onions  
2 14 oz. cans chicken or beef broth- chicken is better

Rinse barley in cold water, drain well. in fry pan, saute pine nuts lightly in 2 Tbsp. butter-remove set aside.

Add remaining 4 Tbsp. butter to pan and saute onion and barley until lightly toasted. Remove from heat, stir in pine nuts, parsley, green onions, salt and pepper. Spoon into 1 1/2-2 qt. casserole. (This may be done ahead) heat broth to boiling, pour over barley mixture and stir to blend. Bake uncovered at 350 about 45 minutes to 1 hour, until barley is just tender and most of the liquid is absorbed.

Garnish with parsley.

Serves 6 can be doubled as many times as you want. Cut down on broth by one can. You can always add a bit more if it seems dry.