

## GUASTELLO'S VILLAGE MARKET

# Basil Barley Provençal

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Serves 6

Ingredients:

¼ cup extra virgin olive oil  
1 large onion, cut into 1 inch pieces  
2 zucchini (about 1 pound), cut into 1 inch dice  
4 cloves garlic, coarsely chopped  
½ cup chicken stock  
6 ripe plum tomatoes, halved, seeded, and cut into 1 inch dice  
salt and freshly ground black pepper to taste  
1 cup cooked pearl barley  
1 cup pine nuts or sliced almonds, toasted  
1 cup (loosely packed) fresh basil, slivered  
¼ cup (loosely packed) chopped fresh Italian parsley

Heat the oil in a large skillet, and add the onion, zucchini, and garlic. Cook over medium heat, stirring frequently, until the zucchini is just tender and the onions are wilted, 8 minutes.

Add the stock and cook 2 minutes more. Then add the tomatoes and salt and pepper. Cook 1 minute, stirring frequently.

Add the barley, pine nuts, basil, and parsley to the skillet. Stir well, and cook until heated through, about 2 minutes. Adjust the seasonings if necessary, and serve immediately.

*Credit: Silver Palate The New Basics Cookbook*