



Broccoli Cheese Barley

Ingredients:

- 1 Tbsp. butter
- 2 ½ Tbsp. flour
- 1 cup chopped onion
- 2 ½ cups Milk
- 1 tsp. Lemon pepper
- 1 ½ cups sharp cheese
- 3 ¾ cups cooked barley (1 ¼ cups raw barley in 3 cups water and simmer for 45 min)
- 2 ½ cups chopped broccoli, steamed
- 3 Tbsp. bread crumbs
- ¼ cup sliced almonds

Procedure:

Melt butter, sauté onions then sprinkle with flour and heat for one minute. Slowly add milk stirring constantly until the mixture boils and thickens. Remove from heat, add pepper and cheese and stir. Add broccoli and barley, stir and place in an oiled 2 litre shallow baking dish. Sprinkle almonds on top and bake at 400°F for 25 minutes until golden.

