
Purple Prairie® Barley Stuffed Squash

This recipe from Timeless Seeds. <http://www.timelessfood.com/>

Serves 2. Total preparation time: 1 hour 20 minutes



2 cups Vegetable Broth

½ cup Purple Prairie® Barley

1 acorn or small Winter Squash

1/8 cup dried Cranberries

1/8 cup golden raisins

¼ cup Walnuts

¼ teaspoon salt

¼ teaspoon pepper

In sauce pan, bring vegetable broth to boil, add Purple Prairie Barley. Cover, reduce to simmer and cook until broth is absorbed and barley is tender. About 70 minutes.

While barley is cooking, split squash, scoop out seeds, coat squash flesh with olive oil, place cut side down in baking dish. Bake in 350 degree oven until just tender. About 15 minutes.

When barley is tender, remove from heat. Drain if necessary. Mix in cranberries, raisins, walnuts, salt & pepper. Scoop into squash.

Serve each person in his/her own filled "squash bowl!"