

Barley, Turkey, and Butternut Squash Casserole

Serves: 6

Ingredients

Cooking spray	1 tsp. dried sage
2 small butternut squash	Freshly ground black pepper, to taste
2 tsp. olive oil	$\frac{3}{4}$ cups quick-cooking barley
1 green bell pepper, seeded and diced	$\frac{1}{2}$ lb. cooked turkey breast, cubed or diced
$\frac{1}{2}$ cup minced onion	$\frac{1}{2}$ cup crumbled feta cheese

Preheat oven to 350 degrees. Coat a 4-quart baking dish with cooking spray.

In a large pot of rapidly boiling water, boil squash halves 5 minutes or until not quite tender. Drain. When cool enough to handle, scoop flesh from each half and dice. Set aside.

In a large saucepan, heat oil over medium heat. Add green pepper, onion, and diced squash. Sauté 3 minutes. Add sage and pepper and stir to coat. Add broth and bring to a boil. Add barley and return to boil.

Reduce heat to low, cover and cook 10 minutes, until barley is tender and liquid is absorbed. Mix in diced turkey. Transfer mixture to prepared baking dish and top with feta cheese. Bake, uncovered, 30 minutes or until cheese is golden.

Per serving: 275 calories, 5 g total fat (2 g saturated fat), 42 g carbohydrates, 18 g protein, 10 g dietary fiber, 368 mg sodium.