

Barley and Swiss Chard Skillet Casserole (p. 159 *101 Best Vegan Foods*)

1 cup water
1 cup chopper red bell pepper
1 cup chopped green bell pepper
3/4 cup uncooked quick-cooking barley
1/8 teaspoon garlic powder
1/8 teaspoon red pepper flakes (local)
2 cups packed coarsely chopped chard (local)
1 cup canned, low sodium navy beans, or beans of choice. Rinsed and drained
1 cup quartered cherry tomatoes
1/4 cup chopped basil leaves
1 tablespoon olive oil
2 tablespoons seasoned dry bread crumbs

1. Preheat Broiler
2. Bring water to boil in a large ovenproof skillet; add bell peppers, barley, garlic powder, and red pepper flakes. Reduce heat, cover and simmer 10 minutes or until liquid is absorbed.
Remove from heat
3. Stir in chard, beans, tomatoes, basil and oil. Sprinkle with bread crumbs. Broil 2 minutes or until golden.

Serves 4