

Apple and Apple-wood Smoked Bacon Barley

¼ cup diced granny smith or other tart apple

¼ cup diced yellow onion

¼ cup diced bacon raw

1 ½ cup cooked barley (boil barley in 4 x water 45 min until tender but not mushy)

Parmesan cheese grated fine

Chives minced

2 T oil

¼- ½ cup stock (chicken, beef or veggy)

TT salt

Heat oil in sauté pan over medium heat. Add bacon and turn heat low so that fat renders out and cook until bacon is starting to crisp.

Don't wait for bacon to get too crispy add onion and sauté until brown. Add apple and barley. Sauté briefly and then add stock to deglaze the pan and heat the apple and barley mixture all the way through.

Sprinkle parm and chives in and stir. Salt to taste. Serve immediately (or reserve chive and parm and chill mix until later)

This can be served hot or cold as a salad. Add other veggies to please.