



## BARLEY & WILD RICE PILAF

### NUTRITION PER SERVING:

|                     |      |
|---------------------|------|
| <b>CALORIES</b>     | 209  |
| <b>PROTEIN</b>      | 7 G  |
| <b>CARBOHYDRATE</b> | 31 G |
| <b>TOTAL FAT</b>    | 7 G  |

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|-------------------|---------------|
| <b>PREP TIME:</b> | 20 MINUTES    |
| <b>COOK TIME:</b> | 45-50 MINUTES |

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|----------------------|----------------------|
| <b>YIELD:</b>        | 6 SERVINGS           |
| <b>SERVING SIZE:</b> | 1/6 OF ENTIRE RECIPE |

### INGREDIENTS:

|               |  |
|---------------|--|
| <b>2 TBSP</b> | EXTRA-VIRGIN OLIVE OIL                           |
| <b>1 C</b>    | MEDIUM ONION, FINELY CHOPPED                     |
| <b>½ C</b>    | WILD RICE, RINSED                                |
| <b>½ C</b>    | PEARL BARLEY                                     |
| <b>3 CUPS</b> | REDUCED-SODIUM CHICKEN BROTH, OR VEGETABLE BROTH |
| <b>1/3 C</b>  | PINE NUTS  |
| <b>1 C</b>    | POMEGRANATE SEEDS, (1 LARGE FRUIT; SEE TIP)      |
| <b>2 TSP</b>  | FRESHLY GRATED LEMON ZEST                        |
| <b>2 TSP</b>  | CHOPPED FLAT-LEAF PARSLEY                        |

- 01** Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, until softened. Add wild rice and barley; stir for a few seconds. Add broth and bring to a simmer. Reduce heat to low, cover and simmer until the wild rice and barley are tender and most of the liquid has been absorbed, 45 to 50 minutes
- 02** Meanwhile, toast pine nuts in a small, dry skillet over medium-low heat, stirring constantly, until light golden and fragrant, 2 to 3 minutes. Transfer to a small bowl to cool.
- 03** Add pomegranate seeds, lemon zest, parsley and the toasted pine nuts to the pilaf; fluff with a fork. Serve hot.

