

Barley Pilaf

Instead of rice, incorporate a new grain and fresh herbs.

<u>U.S.</u>		<u>Metric</u>
1 tsp	Olive Oil	5 mL
1/2 each	Onion, Yellow, diced small	1/2 each
2 cloves	Garlic, minced	2 cloves
1 cup	Barley	200 g
2 1/2 cups	Vegetable Stock	591.5 mL
1/4 tsp	Salt, Kosher	1.5 g
1 Tbsp	Parsely, fresh, finely chopped	3.75 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat an oven to 350°F (180°C).
3. Place a large pot on the stove over medium-high heat. Add the olive oil.
4. Add the onion and sauté until it starts to become translucent, about 2-3 minutes.
5. Add the garlic and sauté for an additional minute.
6. Add the barley and the stock. Bring the liquid to a boil and cover immediately.
7. Place the covered pot in the oven and cook until the barley is tender and has absorbed all of the liquid, about 45 minutes.
8. Remove the pot from the oven, add the salt and parsley and toss. Serve and enjoy

Nutrition Facts

Serving size	1/2 cup
Servings	8
Calories	90
Calories from Fat	10
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	80 mg
Carbohydrates	18 g
Dietary Fiber	4 g
Sugars	0 g
Protein	3 g
Vitamin A	4 %
Calcium	1 %
Vitamin C	2 %
Iron	5 %
Phosphorus	0 mg
