



Barley Pilaf

Ingredients:

- 1 tablespoon vegetable oil
- 1 cup onion, chopped
- ½ cup celery, chopped
- ½ cup green or red bell pepper, chopped
- 1 cup fresh mushrooms, sliced (or one 4-ounce can mushrooms, drained and rinsed)
- 1 cup quick-cooking barley
- 2 cups water
- 1 cube or teaspoon of low-sodium vegetable, beef or chicken bouillon

Directions:

1. Place a medium pan over medium heat; add vegetable oil, onion and celery. Cook until onion is golden and soft.
2. Add bell pepper, mushrooms and barley. Stir well.
3. Add water and bouillon, and stir to dissolve bouillon. Bring to a boil, lower heat and cover pan.
4. Simmer for 10 to 15 minutes or until all liquid is absorbed.

Yields about 8 servings

Source:

Cornell University Cooperative Extension in New York City



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Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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Nutrition Facts			
Serving Size ½ cup (132 g)			
Servings Per Recipe 8			
Amount Per Serving			
Calories	120	Calories from Fat	20
% Daily Value *			
Total Fat	2g		3%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	10mg		0%
Total Carbohydrate	22g		7%
Dietary Fiber	5g		20%
Sugars	2g		
Protein	3g		
Vitamin A	2%	Vitamin C	15%
Calcium	2%	Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Total Fat	Less than	Calories: 2000	2,500
Saturated Fat	Less than	65g	80g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
17% calories from fat			

