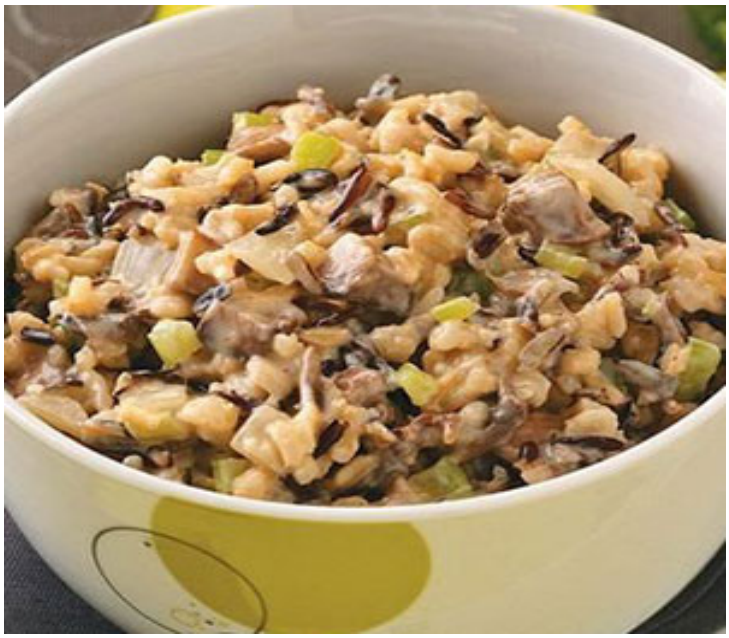

BARLEY & WILD RICE PILAF

NUTRITION PER SERVING:

CALORIES	209
PROTEIN	7 G
CARBOHYDRATE	31 G
TOTAL FAT	7 G

PREP TIME:	20 MINUTES
COOK TIME:	45-50 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	1/6 OF ENTIRE RECIPE

INGREDIENTS:

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

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