

Festive Barley Pilaf

Serve this colorful side dish on the weekend because of the time involved. This pilaf is loaded with great carbohydrates, and tasty, too! If you wish, make this a main dish by adding a small amount of cooked turkey or chicken tossed right in!

4 teaspoons olive oil
1 1/2 cups onions, chopped
1 3/4 cups pearl barley
1 clove garlic, minced
2 teaspoons fresh oregano or 1 teaspoon dried
2 teaspoons fresh basil or 1 teaspoon dried
1/2 teaspoon black pepper
1/2 teaspoon garlic powder
3 cups fat free, reduced sodium vegetable broth
3/4 pound mushrooms, sliced
1 1/2 cups red bell pepper, diced
4 cups spinach leaves, washed and thinly sliced
1 tablespoon balsamic vinegar

In a heavy pot or Dutch oven, heat 2 teaspoons olive oil over Medium heat. Add onions and cook, stirring often until softened, 2-3 minutes. Add barley, garlic, and seasonings and cook, stirring for 30-60 seconds. Add broth and bring to a simmer. Cover and simmer over Low heat until barley is tender and liquid has been absorbed, 45-50 minutes. Meanwhile, heat remaining oil in non-stick skillet over High heat. Add mushrooms and red pepper, season with black pepper and saute until just tender, approximately 2-3 minutes. Add spinach and stir until just wilted, 1 minute. Add vegetables to cooked barley and stir gently to mix. Season with vinegar. Transfer to a bowl and serve.

Servings: 8

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	269.70
Calories From Fat (15%)	39.64
% Daily Value	
Total Fat 4.52g	7%
Saturated Fat 0.79g	4%
Cholesterol 0.92mg	0%
Sodium 629.02mg	26%
Potassium 597.09mg	17%
Carbohydrates 51.05g	17%
Dietary Fiber 10.01g	40%
Sugar 3.71g	
Sugar Alcohols 0.00g	
Net Carbohydrates 41.04g	
Protein 8.96g	18%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
4 teaspoons olive oil	4 x 1 teaspoon of Oil, olive, salad or cooking
1 1/2 cups onions, chopped	1.50 x 1 cup, chopped of Onions, raw
1 3/4 cups pearl barley	1.75 x 1 cup of Barley, pearled, raw
1 clove garlic, minced	1 x 1 clove of Garlic, raw
2 teaspoons fresh oregano or 1 teaspoon dried	2 x 1 teaspoon of Oregano, fresh
2 teaspoons fresh basil or 1 teaspoon dried	2 x 1 teaspoon of Basil, fresh
1/2 teaspoon black pepper	0.50 x 1 teaspoon of Spices, pepper, black
1/2 teaspoon garlic powder	0.50 x 1 teaspoon of Spices, garlic powder
3 cups fat free, reduced sodium vegetable broth	3 x 1 cup of Soup, vegetable broth, commercial
3/4 pound mushrooms, sliced	0.75 x 1 lb of Mushrooms, raw
1 1/2 cups red bell pepper, diced	1.50 x 1 cup, chopped of Peppers, sweet, red, raw
4 cups spinach leaves, washed and thinly sliced	4 x 1 cup of Spinach, raw
1 tablespoon balsamic vinegar	1 x 1 tablespoon of Vinegar, balsamic

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