



Barley Mushroom Pilaf

1/2 cup sliced fresh button mushrooms
2 teaspoons olive oil
1 cup pearl barley
3 cups chicken or vegetable broth
2 tablespoons chopped green onion
1/4 teaspoon crushed dried rosemary
2 tablespoons grated fresh Parmesan cheese

Heat olive oil in saucepan; add mushrooms and sauté until limp. Add barley, broth, green onion and rosemary. Bring to a boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Sprinkle Parmesan cheese over pilaf and serve. Makes 4 servings.

Per serving: 242 calories, 7g protein, 7g fat, 40g carbohydrate, 4mg cholesterol, 11g fiber, 790mg sodium.

For more recipe ideas, visit www.barleyfoods.org.