



## Barley Pilaf

Serves 8

1 tablespoon olive oil  
8 ounces fresh mushrooms, sliced  
2 medium onions, sliced  
1  $\frac{3}{4}$  cup uncooked barley  
1 quart boiling vegetable or chicken broth  
Salt to taste  
1 tablespoon dill weed

- Preheat oven to 350°.
- Heat oil in skillet and sauté mushrooms and onions. Remove from skillet.
- Add barley and stir until coated with oil.
- Add the onions, mushrooms, broth, salt and dill.
- Cover and bake 30 minutes.
- Add more broth if pilaf is too dry.

\*\*\*Note: Pilaf does not need to be baked, can be made on the stove top.

### Nutritional Information:

Calories: 194.7	Total Fat: 2.3g
Saturated fat: 0. g	Cholesterol: 0.0mg
Carbohydrates: 37.9g	Dietary Fiber: 7.7g
Sodium: 283.0mg	Protein: 7.1g