

Barley Pilaf
Yield – 12 – 4 oz portions

Ingredients-

| | |
|----------------|----------|
| Olive oil | 1 oz |
| Mirepoix | 6 oz |
| Barley | 1.5 cups |
| Vegetable base | 1 oz |
| Water, hot | 1 qt |
| Salt | 1 tsp |
| Black pepper | 1 tsp |

Method-

Sauté mirepoix until slightly tender in heavy gauge pan. Add barley, stir and heat through. Combine water and base and whisk. Add to barley mixture. Bring to boil. Reduce heat and cover. Cook for approximately 30-40 minutes or until barley is tender and liquid is absorbed.

| Nutrition Facts | | | |
|--|-----------|--------------------------|----------------------------|
| Serving Size (112g) | | | |
| Servings Per Container | | | |
| Amount Per Serving | | | |
| Calories | 110 | Calories from Fat | 20 |
| % Daily Value* | | | |
| Total Fat | 2.5g | | 4% |
| Saturated Fat | 0g | | 0% |
| Trans Fat | 0g | | |
| Cholesterol | 0mg | | 0% |
| Sodium | 270mg | | 11% |
| Total Carbohydrate | 19g | | 6% |
| Dietary Fiber | 4g | | 16% |
| Sugars | 1g | | |
| Protein | 2g | | |
| Vitamin A | 20% | Vitamin C | 2% |
| 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: | | | |
| | Calories: | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| | Fat | 9 | Carbohydrate 4 • Protein 4 |