



### NUTRITION PER SERVING:

<b>CALORIES</b>	209
<b>PROTEIN</b>	7 G
<b>CARBOHYDRATE</b>	31 G
<b>TOTAL FAT</b>	7 G

<b>PREP TIME:</b>	20 MINUTES
<b>COOK TIME:</b>	45-50 MINUTES

<b>YIELD:</b>	6 SERVINGS
<b>SERVING SIZE:</b>	1/6 OF ENTIRE RECIPE

### INGREDIENTS:

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



## BARLEY & WILD RICE PILAF

- 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.

