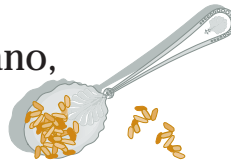


# Barley Pilaf

## Ingredients:

- 1/2 tablespoon vegetable oil
- 1/2 cup quick cooking barley, instant brown rice or bulgur
- 1 tablespoon onion, finely chopped
- 1 cup chicken broth or bouillon
- Few grains black pepper
- 1/2 teaspoon thyme, oregano, or other herbs



## Preparation:

1. Put the oil into the skillet, add the barley, rice, or bulgur, and onion. Stir and cook until golden.
2. Add the broth and seasonings, cover, and bring to boil. Reduce the heat and simmer about 15 minutes until liquid is gone.

Makes four 1/2 cup servings

Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 25
% Daily Values*	
Total Fat	2.5g 4%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	200mg 8%
Total Carbohydrate	17g 6%
Dietary Fiber	4g 16%
Sugars	1g
<b>Protein</b> 4g	
Vitamin A	0% • Vitamin C 0%
Calcium	2% • Iron 6%
*Percent Daily Values are based on a diet of 2,000 calories. 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	