

Wellness Corner

Mushroom Barley Risotto

Ingredients

1 C	pearled barley	1	clove garlic, minced
2 C	low-sodium vegetable broth	1 C	mushrooms, washed and sliced
1 T	olive oil	1	med. tomato, diced
1	med. carrot, peeled and diced	1 T	fresh chives, minced
½	med. onion, diced	1 T	fresh tarragon, minced
1	med. stalk celery, diced	2 T	fresh parsley, chopped

Instructions

1. Rinse the barley. Pour the broth into a medium saucepan and bring to a boil. Add the barley and return to a boil. Cover, reduce heat to low and simmer until all the broth is absorbed, about 20 minutes.
2. After the barley has been cooking for about 10 minutes, start the vegetables. Heat the oil in a sauté pan over medium-high heat. Add the carrot and onion and cook until the onion is translucent. Add the celery, garlic and mushrooms and cook until mushrooms begin to sweat, about 4 minutes.
3. When the barley is done cooking, gently fold the carrot mixture, diced tomato, chives and tarragon into the barley. Season with salt and pepper to taste. Top with chopped parsley and serve warm.

Servings: 4

Calories: 240 Protein: 6 g Dietary Fiber: 9 g Saturated Fat: 0.5 g

Cholesterol: 0 mg Sodium: 190 mg

Recipe courtesy of Harvard University Dining Services



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