

Vegetable and Barley Pilaf

Recipe Type: Side Dish

Prep Time: 30 min

Serves: 8

Cooking Time: 20 min

C means cup

T means tablespoon

t means teaspoon

oz means ounce

What you need:

- 1 large zucchini, quartered and sliced
- 1 large carrot, chopped
- 1 T butter
- 2 C reduced-sodium chicken broth
- 1 C quick-cooking barley
- 2 green onions, chopped
- ½ t dried marjoram
- ¼ t salt
- ¼ t pepper



What to do:

1. In a large saucepan, cook zucchini and carrot in butter until tender, about 8 minutes.
2. Add broth; bring to a boil.
3. Stir in barley. Reduce heat; cover and simmer until barley is tender, 10-12 minutes.
4. Stir in the onions, marjoram, salt, and pepper.
5. Remove from the heat; cover and let stand for 5 minutes.
6. Enjoy!

Contains Milk

Nutrition Facts	
8 servings per container	
Serving size	1/2 Cup (136g)
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 240mg	10%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 1mg	6%
Potassium 175mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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