



*Simple,  
Seasonal,  
Sustainable*

Recipe of the Week

## ***Butternut & Barley Pilaf***

### **Ingredients**

- 2 teaspoons extra-virgin olive oil
- 1 medium onion, chopped
- 1 14-ounce can reduced-sodium chicken broth, or vegetable broth
- 1 3/4 cups water
- 1 cup pearl barley
- 2 cups cubed, peeled butternut squash (3/4-inch cubes)
- 1/3 cup chopped flat-leaf parsley
- 1 teaspoon freshly grated lemon zest
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- 1/4 teaspoon salt, or to taste
- Freshly ground pepper, to taste

### **Directions**

1. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, until softened, 2 to 3 minutes.
2. Add broth, water, barley and squash; bring to a simmer, reduce heat to medium-low and simmer until the barley and squash are tender and most of the liquid has been absorbed, about 45 minutes.
3. Add parsley, lemon zest, lemon juice, garlic, salt and pepper; mix gently.

Serves 6

176 calories, 2 g fat, 0 g saturated fat, 36 g carbohydrate, 7 g fiber, 5 g protein, 269 mg sodium

Source: Million Hearts



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