

# Barley Risotto with Pomegranate

## Ingredients:

- 1 small fennel bulb, cored and finely diced, plus 1 tbsp. chopped fronds
- ½ cup pearl barley or short-grain brown rice
- 1 small carrot, finely chopped
- 1 shallot, finely chopped
- 1 clove garlic, minced
- 2 cups low sodium vegetable broth
- ¾ cup water, divided
- 1 ½ tbsp. dry white wine, non-alcoholic
- 1 cup frozen French-cut green beans
- 1 tbsp. grated Parmesan cheese
- 2 tsp. freshly grated lemon zest
- ¼ tsp. freshly ground pepper
- ½ cup pomegranate seeds
- 4 acorn squash, split and steamed



## Nutrition Facts

Serving Size 2 cups (453g)	
Servings Per Container 7 servings	
<b>Amount Per Serving</b>	
<b>Calories 200</b>	<b>Calories from Fat 10</b>
<small>% Daily Value*</small>	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 110mg</b>	<b>5%</b>
<b>Total Carbohydrate 48g</b>	<b>16%</b>
Dietary Fiber 9g	<b>36%</b>
Sugars 10g	
<b>Protein 5g</b>	
Vitamin A 110% • Vitamin C 60%	
Calcium 15% • Iron 15%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000    2,500</small>
Total Fat	<small>Less than 65g    80g</small>
Saturated Fat	<small>Less than 20g    25g</small>
Cholesterol	<small>Less than 300mg    300mg</small>
Sodium	<small>Less than 2,400mg    2,400mg</small>
Total Carbohydrate	<small>300g    375g</small>
Dietary Fiber	<small>25g    30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

## Directions:

1. Coat a 4-quart or larger slow cooker with cooking spray.
2. Add diced fennel, barley, carrot, shallot and garlic into slow cooker.
3. Add broth, water and non-alcoholic wine and stir to combine.
4. Cover and cook until the barley is tender, but pleasantly chewy, and the liquid is thick and creamy, 2 ½ hours on low.
5. Preheat oven to 375 degrees.
6. Cut acorn squash in half. Remove seeds with spoon. In a 9x13 baking dish add ¼ inch of water.
7. Place squash inside down and bake for 30 minutes or until tender.
8. Remove from oven and hold warm. Shortly before serving, cook green beans according to package instructions and drain.
9. Turn off the slow cooker. Stir the green beans, Parmesan, lemon zest and pepper into the risotto.
10. If it seems dry, add some warm water and stir into the risotto. Serve sprinkled with the chopped fennel fronds and pomegranate seeds. Fill each split acorn and serve.