

# Spinach and Mushroom Pilaf

## Ingredients:

6 cups low sodium vegetable broth  
 1 cup pearl barley, dry  
 ¾ cup Millet, dry  
 ¾ cup Quinoa, dry  
 ½ cup green onions, chopped  
 1 cup onion, diced  
 2 tbsp. extra virgin olive oil  
 12 oz. baby bell mushrooms, washed well, halved and sliced  
 1 ½ tbsp. garlic, minced  
 2 tbsp. sesame seeds  
 2 tbsp. sesame oil  
 6 cups spinach, triple washed, de-stemmed and roughly chopped  
 ⅓ cup freshly chopped parsley  
 2 tbsp. low sodium soy sauce  
 ½ tsp. ground black pepper  
 ⅛ tsp. cayenne pepper



## Nutrition Facts

Serving Size 2 cups (435g)	
Servings Per Container 9	
Amount Per Serving	
<b>Calories</b> 330	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 50g	<b>17%</b>
Dietary Fiber 11g	<b>44%</b>
Sugars 4g	
<b>Protein</b> 12g	
Vitamin A 6%	• Vitamin C 90%
Calcium 20%	• Iron 40%
*Percent Daily Values are based on a 2,000 calorie diet. 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	

## Directions:

1. In a saucepan, place 3 cups vegetable broth and pearl barley, and bring to a boil. Reduce heat to low, cover, and simmer for 45-50 minutes or until barley is tender.
2. Remove from heat, drain off any excess water and set aside.
3. Meanwhile, in another saucepan, place the remaining vegetable broth, millet and quinoa and bring to a boil. Reduce the heat to low, cover and simmer for 15 minutes or until the grains are tender and most of the liquid has been absorbed.
4. Drain off any excess water, leave the grains in the saucepan covered, and let sit for 5 minutes to allow the grains to steam.
5. In a large non-stick skillet, sauté the green onions and onion in olive oil for 5 minutes to soften. Add mushrooms and sauté an additional 3 minutes. Add the garlic and sesame seeds, and sauté an additional 2-3 minutes or until the vegetables are tender.
6. Add the toasted sesame oil and all three cooked grains to the skillet, and sauté for 3 minutes to heat through.
7. Add the remaining ingredients and continue to sauté until the spinach wilts. Taste and adjust the seasonings, as needed. Transfer the pilaf to a large bowl for serving.