

# Butternut and Barley Pilaf

## Ingredients:

- 1 tbsp. extra virgin olive oil
- 1 onion, diced
- 14 ounces low sodium vegetable broth
- 1 ¾ cup water
- 1 cup pearly barley
- 2 cup butternut squash, cubed
- ⅓ cup parsley, fresh, chopped
- 1 tsp. lemon zest
- 1 tbsp. lemon juice
- 1 garlic, minced
- ¼ tsp. salt
- ¼ tsp. ground black pepper



## Nutrition Facts

Serving Size 1 cup (375g)  
Servings Per Container 4

Amount Per Serving

**Calories 270**      **Calories from Fat 40**

% Daily Value\*

**Total Fat 4.5g**      **7%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 220mg**      **9%**

**Total Carbohydrate 53g**      **18%**

Dietary Fiber 11g      **44%**

Sugars 4g

**Protein 6g**

Vitamin A 160%      •      Vitamin C 45%

Calcium 8%      •      Iron 10%

\*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. 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.