

Mushroom Wheat Berry Pilaf

Ingredients:

- 1 ¾ tsp. extra virgin olive oil
- 1 ¼ cup white onion, chopped
- ¼ tsp. salt
- 4 ¼ garlic cloves, minced
- 2 ½ tsp. unsalted butter
- 13 ½ ounces mushrooms, sliced
- 2 ½ tsp. low sodium soy sauce
- 1 ¼ cup wheat berries
- 1 ¼ cup brown rice
- ¾ tsp. fresh thyme leaves
- ¾ tsp. fresh rosemary
- ¾ tsp. lemon zest
- ¼ tsp. ground black pepper
- 3 ¼ tbsp. low sodium vegetable broth



Nutrition Facts

Serving Size 1 cup (234g)	
Servings Per Container	
Amount Per Serving	
Calories 290	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 190mg	8%
Total Carbohydrate 52g	17%
Dietary Fiber 8g	32%
Sugars 3g	
Protein 11g	
Vitamin A 2%	• Vitamin C 10%
Calcium 4%	• Iron 15%
*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 olive oil in large sauté pan over low heat.
2. Add onions and salt and sweat until soft, about 10 minutes.
3. Add garlic and continue cooking for 5 minutes.
3. Add butter to pan and melt.
4. Add mushrooms, and soy sauce, increase heat to medium and continue cooking for 5 to 10 minutes, until mushrooms release their liquid.
5. Add vegetable broth and simmer 5 minutes, until liquid begins to evaporate. Add wheat berries, rice, thyme, rosemary, and lemon rind to heat through.