

## Cebada Pilaf

### Ingredientes:

- 1 cucharada de aceite vegetal
- 1 taza de cebolla picada
- ½ taza de apio picado
- ½ taza de pimientos verdes o rojos picados
- 1 taza de champiñones picados (o una lata de 4 oz. escurridos y secos)
- 1 taza de cebada instantánea
- 2 tazas de agua
- 1 cubo o cucharadita de caldo de pollo, de res o de vegetales bajo en sal

### Directions:

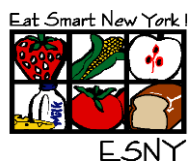
1. Coloque un sartén mediano a fuego mediano; agregue el aceite vegetal, la cebolla y el apio. Cocínelos hasta que la cebolla esté dorada y suave.
2. Agregue el pimiento, los champiñones y la cebada, integrándolos bien.
3. Agregue el agua y el caldo revolviendo hasta que se disuelva. Deje que hierva, baje a fuego lento y tape el sartén.
4. Cocínelos de 10 o 15 minutos o hasta que el agua se haya evaporado.

Rinde 8 porciones

### Fuente:

Cornell University Cooperative Extension in New York City

Nutrition Facts			
Serving Size ½ cup (132g)			
Servings Per Recipe 8			
Amount Per Serving			
Calories	120	Calories from Fat	20
% Daily Value *			
<b>Total Fat</b>	<b>2g</b>		3%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>		0%
<b>Sodium</b>	<b>10mg</b>		0%
<b>Total Carbohydrate</b>	<b>22g</b>		7%
Dietary Fiber	5g		20%
Sugars	2g		
<b>Protein</b>	<b>3g</b>		
Vitamin A	2%	Vitamin C	15%
Calcium	2%	Iron	4%
* 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:	2000	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
17% calories from fat			



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Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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