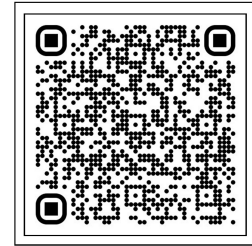




Cornell University  
Cooperative Extension  
New York City



## Barley Pilaf

### Ingredients:

- 1 tablespoon vegetable oil
- 1 cup onion, chopped
- 1/2 cup celery, chopped
- 1/2 cup green or red bell pepper, chopped
- 1 cup fresh mushrooms, sliced or one 4-ounce can mushrooms, drained and rinsed
- 1 cup quick-cooking barley
- 2 cups water
- 1 cube or teaspoon of low-sodium vegetable, beef or chicken bouillon

### Directions:

1. Place a medium pan over medium heat; add vegetable oil, onion and celery. Cook until onion is golden and soft.
2. Add bell pepper, mushrooms and barley. Stir well.
3. Add water and bouillon, and stir to dissolve bouillon. Bring to a boil, lower heat and cover pan.
4. Simmer for 10 to 15 minutes or until all liquid is absorbed.

*Yields about 8 servings*

**Source:** Cornell University Cooperative Extension in New York City

## Nutrition Facts

servings per container  
**Serving size** 1/2 cup (131g)

Amount per serving  
**Calories** **120**

% Daily Value\*

**Total Fat** 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 110mg **5%**

**Total Carbohydrate** 22g **8%**

Dietary Fiber 5g **18%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 3g

Vitamin D 0mcg **0%**

Calcium 17mg **2%**

Iron 1mg **6%**

Potassium 181mg **4%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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

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