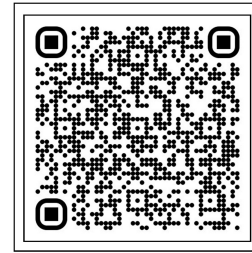


**Cornell University**  
Cooperative Extension  
New York City



## Pilaf de Cebada

### 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, ½ taza cada una*

**Fuente:** 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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