



Lifestyle Wellness Academy

NUTRITION PER SERVING:

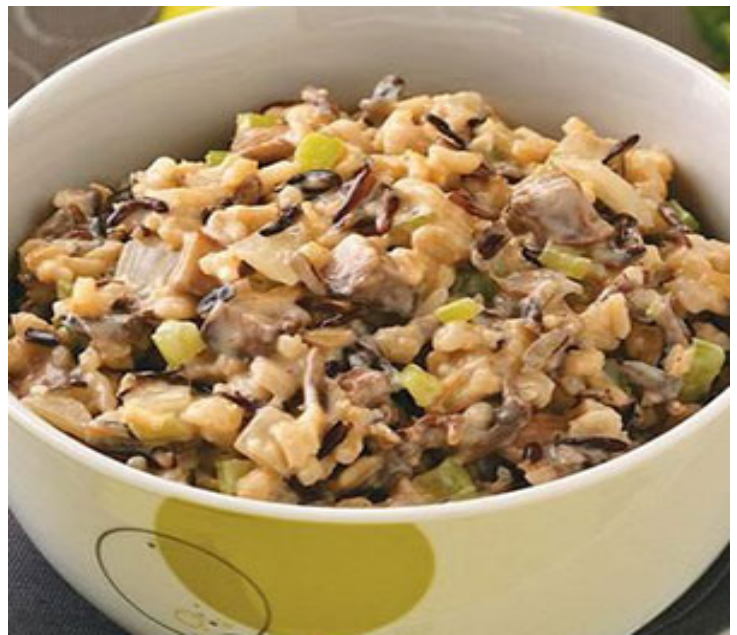
CALORIES	209
PROTEIN	7 G
CARBOHYDRATE	31 G
TOTAL FAT	7 G

PREP TIME:	20 MINUTES
COOK TIME:	45-50 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	1/6 OF ENTIRE RECIPE

INGREDIENTS:

2 TBSP	EXTRA-VIRGIN OLIVE OIL
1 C	MEDIUM ONION, FINELY CHOPPED
½ C	WILD RICE, RINSED
½ C	PEARL BARLEY
3 CUPS	REDUCED-SODIUM CHICKEN BROTH, OR VEGETABLE BROTH
1/3 C	PINE NUTS
1 C	POMEGRANATE SEEDS, (1 LARGE FRUIT; SEE TIP)
2 TSP	FRESHLY GRATED LEMON ZEST
2 TSP	CHOPPED FLAT-LEAF PARSLEY



BARLEY & WILD RICE PILAF

- 01** Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, until softened. Add wild rice and barley; stir for a few seconds. Add broth and bring to a simmer. Reduce heat to low, cover and simmer until the wild rice and barley are tender and most of the liquid has been absorbed, 45 to 50 minutes
- 02** Meanwhile, toast pine nuts in a small, dry skillet over medium-low heat, stirring constantly, until light golden and fragrant, 2 to 3 minutes. Transfer to a small bowl to cool.
- 03** Add pomegranate seeds, lemon zest, parsley and the toasted pine nuts to the pilaf; fluff with a fork. Serve hot.

