

Three Grain Pilaf

Ingredients:

2 chicken bouillon packets,
 reduced-sodium
 5 cups water
 1/2 cup pearl barley
 1 cup instant brown rice
 1/2 cup orzo
 2 teaspoons olive oil
 1 onion
 1 green bell pepper
 1/2 cup raisins
 1/4 cup parsley sprigs, chopped
 3 bay leaves
 1/2 cup pine nut, almonds or
 walnuts (optional)
 Seasonings to taste

Equipment:

Large Saucepan with lid
 Non stick skillet
 Cutting board
 Knife
 Measuring cups
 Measuring spoons
 Large serving bowl

Number of Servings: 6
 Prep Time: 45 minutes
 Total time: 45 minutes

Directions

1. Pour water into large sauce pan on stove, and turn on high. Add chicken bouillon to water and allow to dissolve.
2. When water is boiling, add barley, cover and turn heat down to simmer. Cook for 20 minutes.
3. Add instant rice, and cook for 15 minutes. Add orzo and bay leaves. Cook covered for another 5 minutes. Remove from stove to allow water to be absorbed.
4. While grains are cooking, chop onion and green pepper.
5. Heat olive oil in large non stick skillet over medium heat. Add onions to skillet and cook while stirring. After a few minutes add pepper.
6. Cook onion and pepper until tender about five minutes. Remove from heat.
7. Add raisins; set aside. Remove stems from parsley and chop into small pieces. Add to skillet.
8. When grains and vegetables are done, remove bay leaves and pour everything into mixing bowl and stir. Mix well. Add nuts if desired.

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Friend us on Facebook and
 follow us on Twitter

www.facebook.com/vafnp
www.twitter.com/vafnp

Nutrition Facts	
Serving Size: 1/2 cup	
Servings: 6	
Amount Per Serving	
Calories 321	Calories from Fat 72
%Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	6%
Cholesterol 0mg	0%
Sodium 22mg	1%
Total Carbohydrate 56g	19%
Dietary Fiber 6g	22%
Protein 8g	17%
Vitamin A 4%	Vitamin C 38%
Iron 19%	Calcium 3%

*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.