



Barley-Butternut Risotto

This comforting, filling side dish makes a delicious companion to any winter entrée and can be served as a complete vegetarian meal with the addition of the white beans.

INGREDIENTS:

1 cup pearled barley
1 Tbsp butter
1 cup onion, diced
2 cups butternut squash, roasted and mashed
3 cups vegetable stock, heated
1/2 cup white wine
1/3 cup parmesan, grated
1 tsp fresh thyme leaves
1 tsp nutmeg, freshly grated
1 tsp salt, freshly ground black pepper to taste
14 oz. (1 can) navy beans, canned, rinsed (optional)

PREPARATION:

- Place barley in dry sauté pan and toast 3-5 minutes and reserve
- Melt butter in a large, flat casserole, add onion and brown
- Add barley and half of the heated vegetable stock
- Bring to a simmer and stir
- Add remaining stock 1 cup at a time as barley absorbs it
- Continue cooking and stirring for 40-50 minutes or until barley is soft and most of the broth is absorbed.
- Stir in remaining ingredients, cover and let rest 10 minutes

Number of Servings: 5
Serving Size: 1/3 cup
Calories: 167
Fat Grams: 4

