



Barley Risotto with Grilled Scallops

INGREDIENTS:

1 cup	pearled barley (do not use quick cooking)
1 cup	diced onion
3/4 cup	frozen or fresh green peas
3 cups	low sodium vegetable stock, heated
1/2 cup	white wine
1/3 cup	grated Parmesan cheese
15-20	fresh jumbo scallops, pinch off connective tissue and rinse in ice water
1 lemon	wedges for garnish

PREPARATION:

- Place barley in dry sauté pan and toast 3-5 minutes Reserve.
- Spray oil in large cooking pot add onions and sauté.
- Add barley and half of heated vegetable stock
- Bring to a simmer and stir.
- Add remaining stock 1 cup at a time, and continue cooking and stirring for 40-50 minutes.
- Stir in white wine.
- Add peas and cheese.
- Salt and pepper to taste and reserve (you may need to loosen with more stock if Risotto isn't served immediately)
- Heat grill to high
- Grill scallops for 3 minutes on each side
- Place 1/3 cup of risotto in a warmed bowl and top each serving with 3 or 4 scallops

Number of Servings: 5

Serving Size: 1/3 cup risotto, 3 ounces scallops

Calories: 287

Fat Grams: 4.4

