



Green Pea Risotto

INGREDIENTS:

1 cup	Barley
1 cup	Diced Onion
3/4 cup	Green Peas
3 cups	Stock, heated
1/2 cup	white wine
1/3 cup	parmesan, grated

PREPARTATION:

- Place barley in dry sauté pan and toast 3-5 minutes and smells like popcorn. 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

Number of Servings: 5

Serving Size: 1/3 cup

Calories: 167

Fat Grams: 3.4

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14 VALENCIA ROAD HILTON HEAD ISLAND, SC 29928 /// 800.292.2440 /// HHHEALTH.COM