



Creamy Mushroom Barley Risotto

Makes 4 cups (4 one-cup servings)

- 2 tablespoons olive oil
- 1 medium shallot, minced (about $\frac{1}{3}$ cup minced)
- 6 ounces white button or other mushrooms, sliced
- 2 stalks celery, diced
- 1 teaspoon chopped fresh sage or rosemary
- $\frac{3}{4}$ cup pearled barley
- $\frac{1}{3}$ cup white wine
- $\frac{1}{4}$ teaspoon salt
- Freshly ground pepper
- 2–3 cups low or no sodium added chicken or vegetable stock, heated and kept warm on stove
- $\frac{1}{2}$ cup chopped fresh parsley
- $\frac{1}{3}$ cup grated Parmesan cheese, optional



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please visit *Your Healthy Kitchen*
via www.yrmhealthconnect.org**

Directions

Heat the olive oil on medium high in a large skillet. Add the minced shallots and a pinch of salt and pepper. Sauté until the shallots start to get tender, but not browned. Add the mushrooms and another pinch of salt. Spread mushrooms evenly out in the pan and let them cook, without stirring for 3–5 minutes, or until you can see their edges starting to brown. Stir once and let them cook, undisturbed, until most of the mushrooms are browned. Add the celery and sage or rosemary and sauté for 3–5 minutes, until celery is tender-crisp. Add the barley and sauté a minute more. Add the wine and cook, stirring occasionally, until the pan is almost dry.

Using a soup ladle, add enough warm broth to the pan to just cover the grains and vegetables. Let the risotto simmer until most of the broth is absorbed. Add another ladle and repeat until the grains are tender and there is a bit of creamy sauce in the pan.

Toss with parsley and cheese and enjoy!

NUTRITION INFORMATION PER 1 CUP SERVING

Calories	243
Protein	11 g
Carbohydrate	27 g
Fiber	4 g
Fat	10 g
Sodium	218 mg
Potassium	542 mg

Cost per serving: \$1.25