

Sweet And Spicy Barley

Work: 15 min Total: 1 hr

Fiber-rich barley adds a nutty flavor and satisfying texture to this spiced pilaf.

- 2 tsp canola oil
- 1/2 cup finely chopped onion
- 2/3 cup pearl barley
- 1 14-oz can low-sodium chicken broth
- 1/4 cup long-grain brown rice
- 1/2 to 1 tsp finely chopped chipotle pepper in adobo
- 2 cups fresh spinach
- 1 tsp fresh thyme leaves
- 1/3 cup pecans or walnuts, toasted and coarsely chopped

1. Heat oil and onion in a large saucepan over medium heat; cook, stirring, 5 min. Stir in barley; cook until barley begins to brown, about 3 min.
2. Stir in broth, 1 3/4 cups water, brown rice and chipotle pepper. Bring to a boil; reduce heat. Cover and simmer until barley and rice are tender and most of the liquid is absorbed, about 45 min.
3. Remove from heat and let stand for 5 min. Stir in spinach, thyme and nuts just before serving. **SERVES 6**

Per serving: 170 calories, 6.5 g total fat, 0.5 g sat fat, 173 mg sodium, 24 g carbs, 0 chol, 5 g protein, 5 g fiber