

Spring Barley

Ingredients:

- 1 tablespoon olive oil
- 3/4 cup onions, chopped
- 1 fennel bulb, chopped (about 1 1/2 cups)
- 1 – 3 garlic cloves, finely chopped
- 4 – 5 cups chicken broth
- 1 bell pepper, thinly sliced
- 1 teaspoon dried thyme
- 1 teaspoon dried marjoram
- 2 tablespoons fresh basil, chopped
- 1 cup pearl barley
- 1 cup spinach leaves, chopped
- 1/4 cup grated parmesan cheese
- Salt and pepper to taste

Directions

1. Generously coat a large heavy pot with oil spray and place it over medium-high heat.
2. Add onions, and fennel and sauté until tender, about 5 – 10 minutes.
3. Add oil and heat until hot.
4. Add garlic and bell peppers; sauté lightly for 1 – 2 minutes. Stir in barley, thyme, marjoram, broth, salt and pepper.
5. Bring it to boil and immediately reduce heat to low.
6. Simmer, uncovered, until liquid is almost absorbed, stirring occasionally, about 40 – 50 minutes or until barley is tender.
7. When barley is cooked, remove from heat.
8. Add spinach, cheese, and basil.
9. Stir to blend and adjust seasonings with salt and pepper to taste. Serve immediately.

Nutrition Facts

Serving Size 1/2 Cup (210g)
Servings Per Container 8

Amount Per Serving

Calories 140 **Calories from Fat 30**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 530mg **22%**

Total Carbohydrate 25g **8%**

Dietary Fiber 6g **24%**

Sugars 3g

Protein 5g

Vitamin A 25% • Vitamin C 45%

Calcium 6% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

