

Cracked Barley Risotto

Ingredients:

1 Tbsp. butter	1 tsp. garlic
1 cup cracked barley	½ tsp. fresh rosemary, minced
¼ cup carrot, chopped	½ tsp. fresh thyme, minced
1/3 cup onion, chopped	3 cups chicken broth
¼ cup zucchini, chopped	¼ cup parmesan cheese, grated
¼ cup yellow squash, chopped	1 Tbsp. heavy cream

Instructions:

Melt butter in a fry pan. Add barley to pan and toast a few minutes. Add carrot, onion, zucchini, squash, and garlic to barley and cook until veggies are translucent. Add fresh herbs to pan. Heat broth in a saucepan and add one ladle full at a time to barley mixture until a creamy consistency is reached. Add cream and cheese to mixture when 1-minute cook time remains.

Servings: 6 Serving Size: ½ cup

Calories: 80 Sodium: 230 mg Fat: 3 g Fiber: 2 g