

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Barley and Parmesan Risotto
Serves 4**

4 cups low-sodium chicken broth
1 tablespoon olive oil
½ cup finely diced shallots
1 teaspoon minced garlic
½ teaspoon dried thyme
1 cup pearled barley
¼ cup freshly grated parmesan cheese
¼ teaspoon salt
¼ teaspoon pepper

Directions:

1. In a medium saucepan, heat the chicken stock until it simmers, turn down heat and keep warm.
2. In a large skillet, heat the olive oil. Saute the onion, garlic and thyme until the onion is softened, about 4 minutes. Add the barley and cook, stirring, for 2 minutes. Add 1 cup of the warm stock and cook, stirring, until nearly absorbed. Continue adding the stock 1/2 cup at a time and stirring until it is nearly absorbed between additions. The risotto is done when the barley is al dente and a creamy sauce forms, about 45 minutes. Stir in the parmesan cheese and season with salt and pepper.

Nutritional Information per serving:

Calories: 231	Carbohydrates: 37g
Total Fat: 5g	Cholesterol: 4mg
Saturated Fat: 1g	Dietary Fiber: 8g
Sodium: 299mg	Protein: 9g

Recipe by Tracey Burg, RD