

# BARLEY RISOTTO PRIMAVERA

---

By Jill Silverman Hough

**Serves** 6.

**Hands-on time:** 30 minutes.

**Total time:** 1 hour, 10 minutes.

## INGREDIENTS:

- 2 tbsp extra-virgin olive oil
- 1 medium onion, cut into 1/4-inch dice
- 1 1/2 cups pearled barley
- 6 cups low-sodium chicken or vegetable broth, divided
- 1/2 lb asparagus, trimmed and cut on the diagonal into 1/2-inch pieces
- 2 small carrots (about 6 oz), shredded
- 1/2 cup peas (thawed if frozen)
- 6 scallions, white and light green parts only, cut on the diagonal into 1/4-inch pieces
- 1/2 cup low-fat Parmesan cheese, grated
- 1/4 cup fresh flat-leaf parsley, coarsely chopped
- Coarse kosher salt and fresh ground black pepper, to taste

## INSTRUCTIONS:

1. Heat oil over medium heat in a large saucepan or small stockpot. Add onion and cook, stirring occasionally, until very soft, about 6 to 8 minutes (adjust heat to avoid browning). Add barley, stirring until grains are evenly coated with oil. Add 3 cups broth and bring to a boil over high heat. Reduce to a simmer, cover and cook for 30 minutes.
2. After 25 minutes, in another saucepan, bring remaining 3 cups broth to boil over high heat. Reduce to very low.
3. Uncover barley and if there is any unabsorbed liquid stir constantly until almost all liquid has absorbed while adjusting heat to a steady simmer. Continue stirring almost constantly and adding boiled broth, about 1/2 cup at a time, for 5 minutes.
4. When barley is about 3 minutes from being done, add asparagus. Continue cooking and adding broth, if needed, until barley is done and asparagus is tender.
5. Remove risotto from heat and stir in carrots, peas, scallions, cheese and parsley. Add salt and pepper. Serve immediately.

## NUTRIENTS 1 1/3-cup:

**CALORIES:** 280

**TOTAL FAT:** 7 g

**SAT. FAT:** 1.5 g

**CARBS:** 48 g

**FIBER:** 11 g

**SUGARS:** 5 g

**PROTEIN:** 9 g

**SODIUM:** 260 mg

**CHOLESTEROL:** 5 mg