



WESTERN WISCONSIN HEALTH

ORZO AND TOASTED BARLEY

- 1 tsp. canola oil
- 1 C. quick-cooking barley
- 1 clove garlic, minced
- 2 1/2 C. reduced-sodium chicken broth
- 1/2 C. orzo (a small rice-shaped pasta)
- 1 T. chopped fresh thyme or 1 tsp. dried thyme leaves
- 1/4 C. chopped fresh chives or scallions greens
- Salt and freshly ground pepper, to taste

Nutrition Facts

Serving Size (233g)
Servings Per Container

Amount Per Serving

Calories 310 **Calories from Fat 35**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 125mg **5%**

Total Carbohydrate 57g **19%**

Dietary Fiber 9g **36%**

Sugars 2g

Protein 12g

Vitamin A 2% • Vitamin C 4%

Calcium 2% • Iron 15%

*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

Heat oil in a medium saucepan over medium heat. Add barley and cook, stirring occasionally, until golden and toasted, about 5 minutes. Add garlic and cook, stirring for 1 minute more. Pour in broth and bring to a boil. Add orzo and thyme. Stir once, reduce heat to low, cover and simmer for 10 minutes. Remove from heat and let stand for 5 minutes to absorb any remaining liquid. Stir in chives (or scallion greens) and season with salt and pepper.

NUTRITION FACTS: Serving size: 1 cup per serving, 4 servings