



Barley and Mushroom Pilaf

Ingredients:

1/2 cup fresh sliced mushrooms
2 tsp. olive oil
1 cup whole grain barley
3 cups vegetable broth
2 Tbsp. chopped green onions (scallions)
1/4 tsp. crushed dried rosemary
2 Tbsp. grated fresh Parmesan cheese

Preparation:

Heat olive oil in saucepan; add mushrooms and sauté until limp. Add barley, vegetable broth, green onion and rosemary. Bring to a boil.

Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Sprinkle Parmesan cheese over barley pilaf and serve.

