

Simple Barley Pilaf

Yield: 6 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-pilaf-recipe>

Ingredients:

- 2 tablespoons butter
- 1 cup pearl barley medium, not quick cooking barley
- 3/8 cup pine nuts or almonds, optional
- 2 garlic cloves finely minced
- 1 onion medium, chopped
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 3 1/2 cups low sodium chicken broth

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 10 milligrams
4. Fat: 11 grams
5. Fiber: 6 grams
6. Protein: 8 grams
7. SaturatedFat: 3 grams
8. Sodium: 270 milligrams
9. Sugar: 1 grams

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