



## BARLEY WITH RISOTTO

4 servings.

This is a one pot nutritious dish. To make it more wholesome I add cubed, sautéed firm tofu as well as other vegetables such as sautéed sugar snap peas, among others.

### INGREDIENTS

- 3 tablespoons unsalted butter
- 1 cup pearled barley
- 4 scallions
- ½ pound cremini mushrooms
- ½ cup white wine
- 1 ¾ cups vegetable broth
- 1 teaspoon Kosher salt
- Freshly ground black pepper
- 1 cup tightly packed flat leaf parsley, coarsely chopped
- ¾ cup freshly grated Parmesan cheese, approx

### PREPARATION

1. Thinly slice the scallions, including the green parts. Wipe mushrooms with a damp paper towel and slice thinly.
2. Heat the butter in a medium saucepan. Add the barley and sauté for a few minutes until the barley is lightly browned.

3. Add the scallions, mushrooms and wine, stir for a few minutes.
4. Add the broth, then bring to a boil over high heat. Lower the heat and simmer covered until the liquid is absorbed and the barley is soft. Stir from time to time (about 40 minutes).
5. Add the parsley and the Parmesan cheese. Season to taste with more parmesan cheese, salt and pepper.