

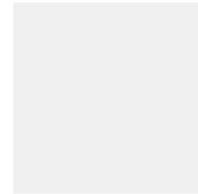
## **Savory Brown Rice**

This savory, rich side dish is great with steak, pork, and chicken dishes

<b>Prep time</b>	<b>Cook time</b>	<b>Yields</b>	<b>Serving Size</b>
10 minutes	25 minutes	4 servings	1 C rice

### **Ingredients**

- 1 Tbsp olive oil
- 1 C onion, chopped
- 1 C portabella mushrooms, rinsed, halved, then thinly sliced
- ½ C celery, rinsed and finely diced
- 2 C low-sodium chicken broth
- 1 C instant brown rice, uncooked
- ¼ C dried parsley
- ¼ tsp salt
- Ground black pepper to taste



### **Directions**

1. In a 4-quart saucepan, warm olive oil over medium heat. Add onion, mushrooms, and celery. Cook and stir for 5–7 minutes, until all vegetables are soft, but not brown.
2. Stir in the chicken broth, brown rice, parsley, salt, and pepper. Cover. Bring to a boil over high heat.
3. Reduce heat to medium. Cook according to brown rice package directions, about 5–10 minutes. Drain off any excess liquid. Fluff with a fork. Serve immediately.

## Chicken and Quinoa Soup



- Serves 6



### Ingredients

- 1 lb. boneless, skinless chicken breasts, all visible fat discarded, cut into 1-inch cubes
- 4 cups fat-free, low-sodium chicken broth
- 1 large onion, chopped
- 3/4 cup water
- 1 medium carrot, sliced
- 3 large garlic cloves, minced
- 1 Tbsp. chopped, fresh thyme
- 1 medium dried bay leaf
- 1/4 tsp. pepper
- 1/3 cup uncooked quinoa, rinsed, drained
- 2 oz. sugar snap peas, trimmed, sliced diagonally



### Directions

1. In a large saucepan, stir together the chicken, broth, onion, water, carrot, garlic, thyme, bay leaf, and pepper. Bring to a boil over medium-high heat. Reduce the heat and simmer, partially covered, for 5 minutes.
2. Stir in the quinoa. Cook for 5 minutes.
3. Stir in the peas. Cook for 5 to 8 minutes, or until the quinoa is tender and the chicken is no longer pink in the center. Discard the bay leaf before serving the soup.

### Additional Tips

Serves 6 - 1 1/3 cups per serving

**Cook's Tip:** Look for quinoa near the rice and other grains in the supermarket. Unless you buy prewashed quinoa, rinse it in a fine strainer under cold running water until the water runs clear. This is done to remove the bitter coating called saponin.

## **Barley Pilaf**

**Makes:** 8 servings

**Total Cost:** \$1.99

**Serving Cost:** \$0.25

Short on time? Using quick-cooking barley will cut this recipe time in half. See the notes for more information.

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### **Ingredients**

1 tablespoon vegetable oil

1 cup onion (chopped)

1/2 cup celery (chopped)

1/2 cup green or red bell pepper (chopped,  
optional)

1 cup mushrooms (fresh sliced, or 1- 4 ounce can  
mushrooms, drained)

1 cup pearl barley (uncooked)

1 teaspoon vegetable bouillon (or beef or chicken,  
low sodium)

### **Directions**

1. Place a medium pan over medium heat; add vegetable oil, onion and celery. Cook, stirring often until onion is soft.
2. Add bell pepper (if using), mushrooms and pearl barley. Stir well.
3. Add water and bouillon and stir to dissolve bouillon. Bring to a boil, lower heat and cover pan.
4. Cook for 50 to 60 minutes or until barley is tender and liquid is absorbed.

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### **Notes**

- This can be used as a side dish.
- Stuffing for pork chops or chicken.
- Or add 2 cups of any chopped cooked meat during the last fifteen minutes of cooking and serve as a main dish meal.
- If using quick-cooking barley the recipe can be prepared in 15 minutes or less. Reduce water to 2 cups and cook for 10 to 15 minutes.