

Chicken & Barley Risotto

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|---------|-------------------------------------------|---------|--------------------------------------|
| 2½ lbs | chicken breast, 6 oz. boneless & skinless | 1 qt | vegetable broth |
| 2 tsp | butter | ¾ cup | diced carrots |
| 5 oz | pearled barley | ¾ cup | diced zucchini |
| 1 clove | minced garlic | 1 tsp | chopped fresh thyme |
| ½ cup | Spanish onion | 1½ oz | parmesan roman cheese blend |
| 3 oz | chopped crimini mushrooms | 1 pinch | sea salt, to taste |
| | | 1 pinch | course ground black pepper, to taste |



Procedure

- 1 Start by placing the chicken breasts on non-stick sheet pan or baking tray, a light sprinkle of sea salt and pepper season.
- 2 Pre-heat oven to 325°F.
- 3 In a heavy bottom sauce pan melt butter over medium heat and add the onion, garlic, carrot, zucchini, barley and mushrooms and sweat until onions are translucent.
- 4 Bake chicken, until juices run clear approximately 15-18 minutes and hold warm for service.
- 5 Stirring the barley mixture occasionally, add the veggie stock and thyme and let simmer until barley is soft and the "risotto" starts to thicken. Remove from heat and add the cheese. Season with salt and pepper.
- 6 Place ½ cup of barley risotto on plate (should be creamy and not stiff), slice and fan the chicken breast.
- 7 Garnish with steamed non-starchy vegetables.

Servings: 6

Nutrition Facts

Serving size: 1/6 of a recipe.

| Amount Per Serving | |
|--------------------------------|---------------|
| Calories | 442 |
| | % Daily Value |
| Total Fat 8g | 12% |
| Sodium 592mg | 25% |
| Total Carbohydrates 48g | 16% |
| Fiber 9g | 36% |
| Protein 45g | 90% |

Recipe Type

Chicken, Poultry