



Barley and Asparagus Risotto

Serves 6; 2/3 cup per serving

- 1 tablespoon olive oil
- 1/3 cup finely chopped shallot
- 1 medium garlic clove, minced
- 1 cup uncooked medium pearl barley
- 1/4 cup dry white wine (regular or nonalcoholic)
- 2 1/2 cups fat-free, low-sodium chicken broth and 1/4 cup fat-free, low-sodium chicken broth (if needed), divided use
- 2 cups trimmed and cut asparagus (1-inch pieces)
- 1/8 teaspoon pepper
- 1/8 teaspoon dried marjoram, crumbled
- 2 tablespoons shredded or grated Parmesan cheese

In a medium saucepan, heat the oil over medium heat, swirling to coat the bottom. Cook the shallot for 2 minutes, or until slightly softened, stirring frequently. Stir in the garlic. Cook for 1 minute, stirring frequently. Stir in the barley. Cook for 3 minutes, or until lightly toasted, stirring frequently.

Pour in the wine. Cook for 1 minute, or until the wine has evaporated, stirring constantly.

Pour in 2 1/2 cups broth. Bring to a boil, still over medium heat. Reduce the heat and simmer, covered, for 20 minutes, or until the barley is just tender, stirring occasionally.

Stir in the asparagus, pepper, marjoram, and remaining 1/4 cup broth if needed. Increase the heat to high and bring to a simmer. Reduce the heat and simmer, covered, for 5 minutes, or until the barley and asparagus are tender and the liquid has evaporated. Just before serving, sprinkle with the Parmesan.

Cook's Tip: When fresh asparagus isn't in season or simply for variety, replace it with almost any other vegetable.

Nutrients per Serving

Calories	172
Total Fat	3.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	2.0 g
Cholesterol	1 mg
Sodium	61 mg
Carbohydrates	30 g
Fiber	6 g
Sugars	2 g
Protein	6 g

Dietary Exchanges

2 starch, 1/2 fat

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