Butternut Barley Pilaf

1 teaspoon extra virgin olive oil
1 medium white onion, chopped
1 – 14 ounce can low sodium chicken broth (or vegetable)
1 3/4 cup tap water
1 cup barley, pearl
2 cups butternut squash, cubed
1/3 cup chopped parsley
1 teaspoon fresh lemon peel
1 Tablespoon fresh lemon juice
1 teaspoon minced wet garlic

Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, until softened, 2 to 3 minutes. Add broth, water, barley and squash; bring to a simmer, reduce heat to medium-low and simmer until the barley and squash are tender and most of the liquid has been absorbed (about 45 minutes).

Add parsley, lemon zest, lemon juice, garlic; mix gently. Salt and pepper to taste.

Serves: 6  
Cost per serving: $0.56

Nutrition facts per serving  
Calories: 170  
Total Fat: 2.5 g  
Saturated Fat: 0 g  
Trans Fat: 0 g  
Cholesterol: 0 mg  
Sodium: 30 mg  
Total Carbohydrate: 35 g  
Fiber: 7 g  
Sugars: 2 g  
Protein: 5 g

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