

Barley-Leek Pilaf

Spice up your side dish!

Ingredients

- 1 Leek, sliced (white and light green parts only)
- Olive Oil
- 1 ¼ cup Quick-Cooking Barley
- Pinch of Salt
- 2 cups Water
- Optional ingredients:
 - 3 tablespoons Golden Raisins
 - 1 can of Chickpeas (rinsed)
 - Crumbled Bacon
 - Shredded Carrots
 - Roughly Chopped Spinach
- Optional seasonings: Chopped Chives or any seasonings you'd like! For an interesting flavor twist: basil and lemon juice



RECIPE

Directions

1. Sauté sliced leek in a pot with olive oil.
2. Add quick-cooking barley, other ingredients you wish to add, and salt and water; bring to a simmer.
3. Cook over medium-low heat, covered, until tender (about 12 minutes).
4. Remove from heat and let stand 5 minutes.
5. Toss with your choice of seasonings, olive oil, and salt and pepper to taste.
6. Enjoy as is or as a side dish to your favorite fall meal!

Recipe adapted from www.foodnetwork.com

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Healthy Roots
CRAWFORD COUNTY

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