

Four Grain Pilaf (Makes 10 servings)

- 1 Tablespoon olive oil
- 1/2 cup chopped onion
- 1/4 cup quinoa*
- 1/4 cup barley*
- 1/2 cup bulgar*
- 1 cup rice*
- 4 cups reduced sodium chicken, beef or vegetable broth
- 1/2 teaspoon pepper
- 1/4 cup chopped fresh parsley

Sauté onion in oil in a large saucepan or frying pan. Add dry grains and sauté until lightly toasted. Add broth and pepper, increase heat and bring to a boil. Cover, reduce heat and simmer about 30 minutes or until liquid is absorbed. Fluff with a fork and stir in parsley.

Nutrition Information

Per serving (1/2 cup): Calories: 147; Fat: 1.2 gm; Saturated Fat: 0 gm; Carbohydrate: 29 gm;
Sodium: 280 mg; Fiber: 2



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****Find these grains in the bulk or natural foods section of your grocery store:***

Barley: High in soluble fiber which helps lower blood cholesterol; a good source of B vitamins and protein; and lends a nutty flavor to soups and salads. Use pearled barley to reduce the required cooking time.

Bulgar: A dried form of whole, unprocessed wheat kernels; rich in B vitamins, iron and protein. The wheat is steamed, dried and then coarsely ground.

Quinoa (pronounced keen-wah): A high protein grain which originated in South America; rich in B vitamins, vitamin E, calcium, iron, and phosphorus.

Rice: This recipe is made with long-grain white rice to shorten the cooking time. Brown rice offers more fiber and can be substituted if you prefer, but the other whole grains provide ample fiber in this recipe.

*For more information about UW Health Heart, Vascular and Thoracic Care please visit uwhealth.org/heartandvascular.
For additional healthy recipes, please visit uwhealth.org/recipes.*

