



## Herbed barley and wild rice risotto

Makes 8 servings

30 mL (2 tbsp)	canola oil or butter
250 mL (1 cup)	finely chopped yellow onion
4	green onions, finely sliced, white and green parts kept separate
500 mL (2 cups)	sliced white mushrooms
750 mL (3 cups)	chicken or vegetable stock or broth, or water
5 mL (1 tsp)	dried oregano
2.5 mL (½ tsp)	dried thyme
2.5 mL (½ tsp)	dried tarragon
125 mL (½ cup)	wild rice
125 mL (½ cup)	pot barley
To taste	salt and pepper

1. In a large saucepan, heat canola oil or melt butter over medium heat. Sauté the yellow onion, white part of the green onions and mushrooms until softened, about 5 minutes.
2. Stir in the stock, oregano, tarragon, thyme, wild rice and barley. Bring to a boil then reduce the heat to a simmer. Cover, and simmer for 50 minutes, stirring occasionally.
3. Remove cover and stir in green part of the green onions. Cook an additional 5 minutes or until all the liquid is absorbed.

Serve alongside your favorite grilled beef, salmon, pork, wild game, chicken or vegetarian main dish.

### Nutrients per serving

Calories: 133	Carbohydrate: 22.1 g	Calcium: 24 mg
Fat: 3.9 g	Fibre: 2.5 g	Iron: 1.6 mg
Sodium: 315 mg	Protein: 3.9 g	

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