



One-Dish Barley, Wild Rice, and Chicken Pilaf

READY IN



45 min.

SERVINGS



4

CALORIES



401 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups chicken breast cooked chopped
- 0.3 cup porcini mushrooms dried chopped
- 14 ounce less-sodium chicken broth fat-free canned
- 0.3 cup parsley fresh chopped
- 2 teaspoons thyme leaves fresh chopped
- 3 garlic cloves minced
- 0.3 teaspoon ground pepper black
- 1 tablespoon olive oil
- 1 cup onion finely chopped (1 medium)

- 2 ounces parmesan cheese fresh grated
- 0.8 cup pearl barley uncooked
- 0.3 teaspoon salt
- 0.5 cup water hot
- 0.3 cup rice wild

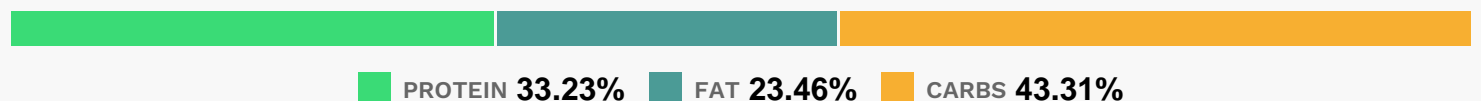
Equipment

- frying pan

Directions

- Combine 1/2 cup hot water and mushrooms; let stand 10 minutes or until mushrooms are tender. Set aside.
- Heat oil in a large nonstick skillet over medium heat.
- Add onion; cook 1 minute, stirring frequently.
- Add garlic; cook 30 seconds, stirring frequently.
- Add barley, rice, and thyme; cook 5 minutes or until lightly browned, stirring frequently. Stir in mushroom mixture and broth. Cover, reduce heat, and simmer 40 minutes or until barley is tender. Stir in chicken and cheese; cook 5 minutes or until thoroughly heated. Stir in parsley, salt, and pepper.
- Wine note: Chicken breast does not always demand white wine, especially when it's accompanied by porcini mushrooms and wild rice.
- Serve an easy-drinking wine, like Trapiche Pinot Noir 2005 (\$
- from Argentina. The straightforward raspberry and cherry fruit of this wine marry well with the earthy porcini and nutty rice without overpowering the white meat. -Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:62.25, Glycemic Load:5.1, Inflammation Score:-9, Nutrition Score:23.265651915384%

Flavonoids

Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg
Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

Nutrients (% of daily need)

Calories: 400.88kcal (20.04%), Fat: 10.49g (16.14%), Saturated Fat: 3.66g (22.86%), Carbohydrates: 43.59g (14.53%), Net Carbohydrates: 35.9g (13.05%), Sugar: 2.6g (2.89%), Cholesterol: 69.14mg (23.05%), Sodium: 840.09mg (36.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.44g (66.87%), Vitamin B3: 12.97mg (64.84%), Vitamin K: 65.48µg (62.36%), Selenium: 40.45µg (57.78%), Phosphorus: 418.68mg (41.87%), Manganese: 0.8mg (40.18%), Vitamin B6: 0.68mg (34.17%), Fiber: 7.69g (30.78%), Calcium: 219.53mg (21.95%), Magnesium: 85.71mg (21.43%), Copper: 0.4mg (19.9%), Zinc: 2.8mg (18.64%), Vitamin B5: 1.54mg (15.38%), Vitamin B2: 0.26mg (15.34%), Iron: 2.71mg (15.05%), Potassium: 492.57mg (14.07%), Vitamin C: 10.31mg (12.5%), Vitamin B1: 0.18mg (11.77%), Vitamin B12: 0.61µg (10.11%), Vitamin A: 500.65IU (10.01%), Folate: 39.6µg (9.9%), Vitamin E: 0.85mg (5.69%), Vitamin D: 0.21µg (1.39%)