

Makes: 6 servings



Ingredients:

- ♥ 6 (6 oz.) chicken breasts
- ♥ ½ Tbsp. D'Avolio Extra Virgin Olive Oil
- ♥ 1 lb. cremini mushrooms, sliced
- ♥ 1 ½ cups pearl barley (about 3 cups cooked)
- ♥ ½ Tbsp. D'Avolio Extra Virgin Olive Oil
- ♥ 4 sprigs fresh thyme
- ♥ 1 large onion
- ♥ 8 oz. carrots, finely chopped
- ♥ 3 cups low-sodium vegetable broth
- ♥ 1 oz. parmesan cheese, grated
- ♥ 1 Tbsp. sherry vinegar
- ♥ ¼ cup fresh flat-leaf parsley, chopped

PREPARATION:

Pan-Seared Chicken:

1. Heat ½ Tbsp. olive oil in a pan. Salt (optional) and pepper the chicken, then pan-sear the chicken on both sides. Finish off the chicken in the oven.

Mushroom Barley Risotto:

2. Place the barley in a bowl and cover with water, let it soak overnight (about 8 hours)
3. Heat ½ Tbsp. olive oil in a pan. Add thyme, carrots, mushrooms, and onions in the pan, stir until the carrots and onions become tender.
4. Add sherry vinegar and allow it to reduce. Then slowly add your vegetable broth and stir simultaneously.
5. Once all the vegetables are tender and absorbed in the stock, season with salt (optional) and pepper. Add the parmesan cheese.
6. Serve the pan-seared chicken over the risotto and garnish with pesto

Nutrition Facts	
Serving Size: 1 serving (517.6g)	
Servings: 1	
Amount Per Serving	
Calories	380
Calories from Fat 80	
	% Daily Value*
Total Fat	9g 14%
Saturated Fat	2.5g 12%
Trans Fat	0g
Cholesterol	115mg 38%
Sodium	380mg 16%
Total Carbohydrate	32g 11%
Dietary Fiber	5g 21%
Sugars	6g
Protein	43g
Vitamin A	130%
Calcium	10%
Vitamin C	15%
Iron	15%

*Percent Daily Values are based on a 2,000 calorie diet.



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