

Mexican Barley Risotto

(Makes 6 servings)

(V) – This recipe is a vegan option recipe!

Ingredients:

- 14.5 ounce can no-salt added or low-sodium whole tomatoes with juice
- 3 garlic cloves
- 2 ½ cups fat-free, reduced-sodium chicken broth or vegetable broth for vegan option
- 1 teaspoon extra virgin olive oil
- 1 onion, chopped
- 1 poblano (a mild chile pepper), seeded and chopped
- 1 red bell pepper, seeded and chopped
- 1 cup pearled medium barley
- ½ teaspoon dried thyme
- ½ teaspoon dried oregano
- ½ cup dry white wine
- 1 cup fresh or thawed frozen corn kernels
- ¼ cup chopped fresh cilantro

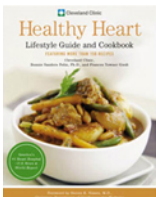
Directions:

- 1) Puree the tomatoes with their juice and the garlic in a blender or food processor.
- 2) Pour the puree into a large pot and add the broth 1 ½ cups water. Heat to just below a simmer and keep warm.
- 3) Meanwhile, heat the oil in a large non-stick pot and stir in the onion, poblano, and bell pepper. Cook for 2 minutes over medium heat, stirring frequently. Add the barley and cook for another 3 minutes, continuing to stir. Add the thyme, oregano, and wine and cook, stirring, until the wine is absorbed.
- 4) Begin adding the tomato-broth mixture, ¾ cup at a time, waiting until the liquid is nearly absorbed before adding more. Continue to add broth until the barley is al dente, stirring frequently. Stir in the corn and cilantro when the risotto is a minute or two from being done. Serve immediately.

Nutritional Analysis: (per serving)

- Calories: 200
- Total Fat: 2 g
- Saturated Fat: 0 g
- Protein: 6 g
- Carbohydrates: 40 g
- Dietary Fiber: 8 g
- Sodium: 210 mg
- Sugars: 0 g

Source:



“Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook”

This heart-healthy recipe and more than 150 others are available from the nation’s #1 heart center in the “Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook” (© 2007 Broadway Books).

The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.

Go! Foods® for You Program



This recipe has been modified to meet Go! Foods® criteria.