

Black Barley Pilaf with Sweet Spices, Bananas and Oranges

Ingredients:

- 1 cup Pure Black Barley
- 3 tablespoons olive oil or clarified butter
- 1 cup finely chopped onion
- 2 teaspoon finely chopped garlic
- ½ cup finely diced carrots
- ½ cup chopped leeks or green onions
- ½ teaspoon minced, seeded serrano chile
- 2 large bay leaves
- ½ teaspoon cinnamon
- 1 teaspoon crushed whole coriander seed
- ½ cup dry white wine
- 3 cups rich vegetable stock
- salt and freshly ground pepper
- 2 large firm-ripe bananas
- 1 large orange, peeled, seeded and chopped
- ¼ cup chopped cilantro leaves

Directions:

Rinse the black barley in a strainer under cold water until water runs clear. Add oil to a deep saucepan along with onions, garlic, carrots, leeks and chiles and sauté until just beginning to color. Add rinsed barley and sauté for 2 minutes longer. Add the bay leaves, cinnamon and coriander along with the wine and stock and bring to a boil. Reduce heat to a simmer, cover and gently cook for 50-55 minutes or until barley is just tender. Off heat, let sit covered for 10 minutes.

Season to taste with salt and pepper. Peel the bananas and cut into moderate dice size. Gently stir bananas, oranges and cilantro into barley. Serve immediately.



Black barley is found in specialty stores and looks similar to wheat berries or pearl barley but darker!

This recipe packs in phytonutrients, fiber and electrolytes!

Good Nutrition is a Weigh of Life!