

# Chicken, Vegetable & Barley “Risotto”

Recipe courtesy of *Diane's Daily Dish!*

(NOTE: Substitute your favorite veggies if you like & this dish freezes great!)

## Ingredients:

- 1 tbsp. olive oil
- 1 cup diced, peeled zucchini
- 1 cup diced, red bell pepper
- 1 thyme sprig or 1t dried thyme
- 1 1/2 cup grated carrot
- 3/4 cup diced celery
- 3/4 cup thinly sliced onion
- 1/2 cup finely chopped onion
- 1/2 tsp. kosher salt
- Lots of freshly grated black pepper
- 4 skinless, boneless chicken breasts, cut into 1/4" strips
- 1 3/4 cup uncooked pearl barley
- 6 cup low sodium chicken broth
- 1 cup water
- 1/2 cup chopped fresh flat-leaf parsley
- 2 tsp. ground red pepper
- 1/2 cup grated fresh Parmesan cheese

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## Directions:

- 1.Heat oil in a large pot over medium-high heat.
- 2.Add zucchini, red pepper & thyme; sauté 1 minute.
- 3.Add carrot, celery & onion; sauté 3 minutes.
- 4.Add salt, pepper & chicken; sauté 5 minutes.
- 5.Add barley; sauté 1 minute.
- 6.Add broth & water; bring to a boil.
- 7.Cover, reduce heat, and simmer about 40 minutes.
- 8.Remove from heat; discard thyme sprig.
- 9.Stir in parsley, ground red pepper & cheese.
- 10.Enjoy!

Serving size: 1 cup