



Weekly Recipe Challenge



Barley Hoppin' John *(courtesy of EatingWell)*

Traditionally made with rice, this classic Southern dish gets great toothsome texture here from quick-cooking barley instead. Serve with a green salad.

4 servings, 1 1/2 cups each (3 Carbohydrate Serving) | Active Time: 20 minutes | Total Time: 40 minutes



Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 medium onion, chopped
- 1 small red bell pepper, chopped
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 1 14-ounce can vegetable broth
- 1 cup quick-cooking barley
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried
- 2 teaspoons lemon juice
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon salt
- 2 15-ounce cans black-eyed peas, rinsed

TIP: For a nutritional boost, chop and add a couple of handfuls of your favorite dark green leafy veggies!



Instructions

1. Heat oil in a large nonstick skillet over medium heat.
2. Add onion, bell pepper and celery. Cook until the vegetables soften, 3 to 4 minutes.
3. Add garlic and cook 1 minute.
4. Add broth, barley, thyme, lemon juice, crushed red pepper and salt; bring to a boil.
5. Reduce heat, cover and simmer until the barley is done, 15 to 20 minutes.
6. Remove from the heat and stir in black-eyed peas. Cover and let stand for 5 minutes. Serve hot.



Nutritional Information *(per serving)* **Exchanges:** 3 1/2 starch, 1 vegetable, 1 lean meat, 1 fat

- **Calories** 320
- **Carbohydrates** 58g (Fiber 11g)
- **Cholesterol** 0mg
- **Fat** 5g (Saturated Fat, 1g; Monounsaturated 3g)
- **Sodium** 677mg
- **Potassium** 529mg
- **Protein** 12g