

CHRISTINA'S SEASONAL RECIPE: SPINACH AND MUSHROOM BARLEY PILAF

This hardy recipe is full of fibre, fluid, and healthy fat which are great choices for our heart health. It is great for a light meal on its own or can be added to your next meal as a side dish. Enjoy!

Ingredients:

- 1 cup water
- 1/2 cup quick-cooking barley
- 1 1/2 tbsp canola oil, divided
- 1 1/2 cups diced onions
- 1/2 package (4 oz./230 g) mushrooms, sliced
- 2 medium garlic cloves, minced
- 2 cups loosely packed baby spinach
- 1 tsp dried oregano leaves, crumbled
- 1/2 tsp salt



Instructions:

1. Bring water to a boil in a small saucepan over high heat. Stir in barley, reduce heat, cover tightly, and simmer 10-12 minutes or until tender. Remove from heat and let stand 5 minutes.
2. Meanwhile, heat 1/2 tablespoon canola oil in a large non-stick skillet over medium-high heat. Tilt skillet to coat bottom evenly; add onions, and cook 6 minutes or until richly browned, stirring frequently. Add mushrooms and cook 4 minutes or until tender, using two utensils to toss. Add garlic and cook 30 seconds, stirring constantly.
3. Remove from heat. Add spinach, oregano, salt, and undrained barley. Toss well to blend. Drizzle remaining 1 tablespoon canola oil evenly over all and toss gently until just coated.

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