

# Golden Quick Barley with Sweet Peas and Corn

From American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/golden-quick-barley-with-sweet-peas-and-corn/>

## Ingredients

1 tablespoon extra virgin olive oil  
1 small onion, chopped  
2 cloves garlic, minced  
 $\frac{3}{4}$  cup quick pearled barley  
2 cups low-sodium vegetable or chicken broth  
1 teaspoon Italian seasoning  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{8}$  teaspoon ground turmeric  
Freshly ground black pepper  
 $\frac{1}{2}$  cup frozen sweet peas  
 $\frac{1}{2}$  cup frozen sweet corn  
Juice of  $\frac{1}{4}$  fresh lemon, about 1 tablespoon  
1 to 2 tablespoons of shredded Pecorino Romano or Parmesan cheese, optional

## Instructions

1. In 2-quart medium saucepan, heat oil over medium-high heat. Sauté onion until softened, about 4 minutes. Add garlic and sauté for 30 seconds. Add barley and stir 1 minute to toast.
2. Add broth, Italian seasoning, salt, turmeric and 4-5 grinds pepper. Increase heat to high and bring mixture to a boil. Reduce heat to simmer, cover and cook 15 minutes.
3. Stir in peas and corn. Cover and simmer 5 minutes. Barley mix should be slightly wet.
4. Stir in lemon juice. Sprinkle on or mix in cheese, if using, and serve immediately.

**Makes 3 servings,  $\frac{3}{4}$  cup per serving.**

## Nutrition information per serving

Calories: 220	Sodium: 420 mg
Total Fat: 5 g	Protein: 7 g
Saturated Fat: 1 g	Total Carbohydrates: 40 g
Trans Fat: 0 g	Dietary Fiber: 8 g
Cholesterol: 5 mg	Total Sugars: 3 g

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