

Toasted Barley and Chicken Pilaf

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Ingredients

1 1/2 c. pearl barley
3 tsp. olive oil
4 skinless, boneless chicken thighs
2 medium carrots
2 stalk celery
1 small onion
1 package sliced mushrooms
1 can chicken broth
2 c. water
1/2 tsp. dried thyme
1/4 tsp. ground nutmeg
Salt and ground black pepper
parsley leaves

Directions

Heat deep nonstick 12-inch skillet over medium-high heat until hot. Add barley and cook 4 to 6 minutes or until toasted and fragrant, stirring occasionally. Transfer barley to large bowl.

In same skillet, heat 2 teaspoons oil over medium-high heat until hot. Add chicken and cook about 5 minutes or just until it loses its pink color on the outside, stirring occasionally. Transfer chicken to bowl with barley.

In same skillet, in remaining 1 teaspoon oil, cook carrots, celery, and onion over medium heat 7 to 8 minutes or until tender-crisp. Stir in mushrooms and cook about 10 minutes longer or until most of liquid evaporates and vegetables are tender and lightly browned.

Return chicken and barley to skillet; stir in broth, water, thyme, nutmeg, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Heat to boiling over medium-high heat. Reduce heat to low; cover and simmer 30 to 35 minutes or until barley is tender and chicken is no longer pink in center. Serve pilaf garnished with parsley leaves.