

# Barley Primavera

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## **Ingredients**

4 cups low fat low sodium chicken broth  
2 cloves garlic (minced)  
1/2 cup purple onion (minced)  
1/2 cup carrots (diced)  
1 cup pearl barley  
1/2 cup zucchini (diced)  
2 tbsps fresh parsley (chopped)  
1 tsp olive oil  
1 tbsp lemon juice  
pepper  
salt

## **Directions**

Heat 1/4 cup of the broth in a saucepan over medium high heat. Add the garlic and onion and saute for 5 minutes. Add the carrots and saute for 5 minutes.

Add the remaining broth and bring to a boil. Add the barley, lower the heat, cover, and simmer until the liquid is almost absorbed, about 50 minutes.

Add the zucchini, parsley, oil, and lemon juice. Simmer for 5 more minutes; season with salt and pepper.