

WONDERS OF WALKING

JUDY HELLER (ACE) :: PERSONALIZED COACHING :: WALKING / RUNNING :: VITALITY

LIVE LIVES OF PEACE, BALANCE, PASSION AND PURPOSE

****This is not Gluten Free. I think Quinoa or Millet might be an interesting substitute for barley****

Happy Herbivore - Creamy Mushroom Barley

This is tasty and satisfying. Barley is an underused grain in my kitchen, how about yours?

8 oz brown mushrooms

1 c barley

1 ½ c vegetable broth

1 ½ tsp thyme, divided

2 cloves, garlic minced

6 tbsp nondairy milk

1 tbsp low-sodium soy sauce

1 tbsp nutritional yeast

1 tsp Dijon mustard

½ tsp onion powder

½ tsp garlic powder

2 - 3 c spinach, chopped

Check barley package to determine barley to water ratio (1 c - 1 ½ - 3 cups)* I used 3 c broth

Remove stems from mushrooms and slice thinly. (You may purchase already sliced)

Combine barley, mushrooms, water or broth, and half of thyme and other spices in medium pot.

Cover bringing to boil; reduce to low and simmer until barley is soft and liquid evaporated 45 - 55 minutes.

When barley is done add nondairy milk, soy sauce, nutritional yeast, Dijon mustard, onion powder, garlic powder and remainder of thyme.

Add salt and pepper to taste.

Stir in spinach, while barley piping hot, stirring constantly until spinach cooks slightly and folds into the barley 45 sec to 1 ½ minutes.

Per servings from MyFitnessPal Foods

Calories	162	Sodium	0 mg
Total Fat	1 g	Potassium	0 mg
Saturated	0 g	Total Carbs	32 g
Polyunsaturated	0 g	Dietary Fiber	8 g
Monounsaturated	0 g	Sugars	1 g
Trans	0 g	Protein	8 g
Cholesterol	0 mg		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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