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# Barley & Wild Rice Pilaf with Pomegranate Seeds

**Prep Time:** 10 mins

**Cook Time:** 55 mins

**Total Time:** 1 h 5 mins

## Ingredients

- 2 teaspoon oil, olive, extra virgin
- 1 onion(s), finely chopped
- 1/2 cup(s) rice, wild, rinsed
- 1/2 cup(s) barley, pearl
- 3 cup(s) broth, reduced-sodium chicken, or vegetable broth
- 1/3 cup(s) nuts, pine nuts
- 1 cup(s) pomegranate, pomegranate seeds
- 2 teaspoon lemon zest
- 2 tablespoon parsley, flat-leaf, chopped

## Preparation

- 1) Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, until softened. Add wild rice and barley; stir for a few seconds.
- 2) Add broth and bring to a simmer. Reduce heat to low, cover and simmer until the wild rice and barley are tender and most of the liquid has been absorbed, 45 to 50 minutes.
- 3) Meanwhile, toast pine nuts in a small, dry skillet over medium-low heat, stirring constantly, until light golden and fragrant, 2 to 3 minutes. Transfer to a small bowl to cool.
- 4) Add pomegranate seeds, lemon zest, parsley and toasted pine nuts to the pilaf; fluff with a fork. Serve hot.