
Barley and Sweet Potato Pilaf

BARLEY IS UNUSUAL in pilafs, but it works well when you want a change from rice. Tarragon has a flavor similar to fennel but milder. Serve this on a bed of spinach for a filling meal.

SERVES 4

- 1 medium onion, peeled and chopped**
- 2 cloves garlic, peeled and minced**
- 3½ cups Vegetable Stock (page 23), or low-sodium vegetable broth**
- 1½ cups pearly barley**
- 1 large sweet potato (about ¾ pound), peeled and diced small**
- ¼ cup minced tarragon**
- Zest and juice of 1 lemon**
- Salt and freshly ground black pepper to taste**

Place the onion in a large saucepan and sauté over medium heat for 6 minutes. Add water 1 to 2 tablespoons at a time to keep the onion from sticking to the pan. Add the garlic and cook 3 minutes more. Add the vegetable stock and barley and bring the pot to a boil over high heat. Reduce the heat to medium and cook, covered, for 30 minutes. Add the sweet potato and cook for 15 minutes longer, or until the potato and barley are tender. Remove from the heat, stir in the tarragon and lemon zest and juice, and season with salt and pepper.