

Albacore and Barley Risotto



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| 2 cans (4.5 oz. each) StarKist Selects® Solid Albacore in EVOO, chunked but not drained | 1 tsp. minced garlic |
| 48oz. chicken broth, low fat, low sodium | 1 cup white wine |
| 1 Tbsp. olive oil | 1 cup pearly barley |
| 1 cup diced onion | ¼ cup grated parmesan cheese |
| | 1 lb. asparagus, trimmed and cut in 1 inch pieces (~ 2cups) |
| | 4 oz. sliced mushrooms (optional) |

Directions:

1. Place chicken broth in large sauce pan. Simmer over low heat
2. Heat olive oil in a sauté pan over medium low heat. Add onions and cook, stirring occasionally until translucent.
3. Add barley and garlic and toss to coat the barley with the oil. Add wine and stir until all the liquid is soaked up.
4. Add 1 cup of broth and stir until liquid is soaked up. Continue adding broth this way until the barley is almost tender.
5. While the barley is cooking add the asparagus pieces to the simmering broth and cook until just crisp tender and bright green. Remove from the broth, run cold water over them to stop the cooking and hold until barely is almost done.
6. When adding the last cup of broth also stir in the asparagus and cook until the final liquid is soaked up.
7. Stir in parmesan cheese and toss in the tuna pieces and combine gently.

Servings: 4 | Prep Time: 10 minutes | Cook Time: 45 minutes

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