

per serving barley risotto



per serving barley risotto will give you the best choices pdf book to read. This pdf book will guide you to get some detail information about cooking guide and any information about cooking per serving barley risotto. Detail of pdf information are found in the metadata of this pdf files. Enjoy this book and please read until end to make sure don't misinformation or anything left behind. Ready to reading and let's start cooking.

per serving barley risotto

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SERVING SUGGESTION

Barley Risotto
PER SERVING 0g TRANS FAT
5g PROTEIN

PER SERVING

2g SATURATED FAT

PER SERVING

210

CALORIES
PER SERVING

** MINIMALLY PROCESSED ** NO ARTIFICIAL INGREDIENTS

KEEP REFRIGERATED

FULLY COOKED

* COOKING LIGHT IS A FOOD AND RECIPE MAGAZINE FOCUSED ON LIVING A HEALTHY LIFESTYLE.
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FROM COOKING LIGHT MAGAZINE; COOKING LIGHT IS NOT INTENDED AS A NUTRITIONAL CLAIM.

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Barley Risotto
A riff on the popular dish, Cooking Light's Barley Risotto combines slowly-simmered barley with pearl onions, spinach, Portobello mushrooms, white

wine, parmesan cheese and an indulgent splash of heavy cream. Savored with a simple salad, it makes for a beautifully easy lunch, and served as a side to roasted pork tenderloin and steamed asparagus, a superbly satisfying supper.

Learn more at: CookingLight.com/Products

HEATING INSTRUCTIONS

If product was frozen, thaw overnight under refrigeration.

STOVE TOP

Remove product from the pouch and place into a sauce pan. Heat on medium for 3-4 minutes while gently stirring the product. Let stand for 1 minute.

3-4 minutes
COOKING TIME

1 minute
LET STAND

MICROWAVE OVEN

Remove product from the pouch and place back into the provided tray or in another microwave-safe dish. Heat on high for 2-3 minutes. Carefully remove the container from the microwave and mix thoroughly. Let stand for 1 minute.

2-3 minutes
COOKING TIME

1 minute
LET STAND

CAUTION: CONTAINER AND CONTENTS WILL BE HOT!

Heating instructions are approximate. they will vary due to make, model and temperature calibration of your oven. Times and settings based on an 1100 watt microwave oven.

100% Recycled
100% Recycled
Paper Sleeve
Paper Sleeve

100%
100%
Compostable Tray
Compostable Tray

It's our honour for reading per serving barley risotto until the rest of files. We hope you enjoy to this pdf and solve your problem, give us support to make this website better. per serving barley risotto