

Root Vegetables and Barley Salad



Discover the succulent benefits of our Root Vegetable Barley Salad. A gourmet symphony of rustic and nutritious flavors that will delight your taste buds. A plant-based experience to savor!

Preparation 45 min

Cooking 45 min

Servings 4

Nutrition Facts (per serving)

Calories 430

Fat 12

Carbohydrates 64

Fibre 11

Protein 16

Sodium 195

Ingredients

- 180 ml (3/4 cup) hulled barley
- 560 ml (2 1/4 cups) of water
- 250 ml (1 cup) butternut squash, peeled and cut into small cubes
- 12 colorful Nantes carrots, cut in half
- 4 beets cut into thin slices
- 45 ml (3 tbsp) olive oil

- 30 ml (2 tbsp) balsamic vinegar
- 15 ml (1 tbsp) dijon mustard
- 5 ml (1 tsp) fresh ginger, finely chopped
- 2 fresh rosemary stems (leaves only)
- 1 L (4 cups) kale (leaves only)
- 125 g (4 oz) crumbled light feta cheese
- Salt and pepper to taste

Preparation

1. Place the barley and water in a saucepan, cover and heat over medium-high heat. Bring to a boil, then simmer over low heat for 45 minutes or until the grains are tender. Drain if the water is not completely absorbed.
2. Meanwhile, preheat the oven to 450°F (230°C). Line a baking sheet with parchment paper or a silicone mat.
3. Place squash, carrots and beets on the baking tray.
4. In a small bowl, combine olive oil, honey, balsamic vinegar, dijon mustard, fresh ginger and rosemary leaves. Season with salt and pepper.
5. Using a pastry brush, brush the vegetables with about a quarter of the vinaigrette, then set aside for the salad. Grill the vegetables in the oven for 15 minutes.
6. Just before serving, divide the kale, cooked barley, root vegetables and feta into 4 bowls. Pour the remaining dressing over the salad and season with salt and pepper to taste. To make a complete meal, add a protein-rich food such as grilled tofu cubes, chicken strips or edamame.

Notes

Vegetables and barley can be kept for 3 days in the refrigerator. For better storage, avoid mixing the dressing in advance with the rest of the ingredients.



Katrina Daigle – Nutritionniste Diététiste à Ottawa
Registered Dietitian Nutritionist Ottawa