

Barley and Roasted Beet Salad



MEDAVIE



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Recipe makes: 6 servings (1 cup per serving)

Preparation time: 15 minutes

Cook time: 2 hours

Equipment: one oven, one stove or hotplate, one vegetable peeler, one set of measuring spoons, one set of measuring cups, one strainer, three medium bowls, one 13*18-inch (33*45 cm) baking tray, two large spoons, one fork, one medium pot, one pair of oven mitts, plastic wrap, one cutting board, one large knife

What you need to make this recipe: How to make Barley and Roasted Beet Salad:

- ✓ 3 medium red or yellow beets, unpeeled
- ✓ 2 medium carrots, peeled
- ✓ 2 teaspoons olive oil
- ✓ 1 ½ teaspoons salt
- ✓ 1 teaspoon pepper
- ✓ 1 cup uncooked pearl barley, rinsed
- ✓ 3 cups of water
- ✓ 1 clove garlic, minced
- ✓ 1 teaspoon balsamic vinegar
- ✓ ¼ cup (60 g) shredded low-fat cheese
- ✓ 1 teaspoon chopped parsley

Part 1: Roast the vegetables

1. Preheat the oven to 190°C (375°F).
2. Put the beets and carrots in a medium bowl. Add 1 teaspoon of the olive oil, ½ teaspoon of the salt, and ½ teaspoon of the pepper to the vegetables. Using a large spoon, mix until the vegetables are evenly coated with the oil and seasonings.
3. Spread the vegetables out evenly on 13*18-inch (33*45 cm) baking tray.
4. Roast the vegetables for 1 to 1 ½ hours in the oven, or until tender. The vegetables are tender when the teeth of a fork can easily be inserted into them.
5. Let the vegetables cool on the baking tray for 5 minutes.
6. Put the beets in a clean, medium bowl. Cover the bowl with plastic wrap and let the beets sit for 5 to 10 minutes. This makes the beets easier to peel.
7. Peel the cooled beets using clean hands.
8. Dice the carrots and peeled beets.

Part 2: Cook the barley

Do this while the vegetables are roasting

1. Put the barley and water in a medium pot.
2. Put the pot on the stove or hotplate and turn the heat to high. When the barley and water is boiling, turn the heat down to medium and simmer, uncovered, for 30 minutes or until the barley is soft.
3. Using a strainer, drain the cooked barley.
4. Put the cooked barley in a medium bowl.

Recipe continues on the next page.

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Part 3: Make the salad

1. Add the chopped roasted vegetables, 1 teaspoon of the olive oil, the garlic, and the balsamic vinegar to the barley. Using a large spoon, stir until combined.
2. Serve the salad topped with cheese and parsley.

Nutrition Facts	
Per 1 cup of salad	
Calories 150	% Daily Value*
Fat 2.5 g	3 %
Saturated 0.5 g	3 %
+ Trans 0 g	
Carbohydrate 28 g	
Fibre 3 g	11 %
Sugars 5 g	5 %
Protein 5 g	
Cholesterol 0 mg	
Sodium 590 mg	26 %
Calcium 50 mg	4 %
Iron 1.5 mg	8 %
Vitamin A 200 µg	22 %
Vitamin C 4 mg	4 %
5% or less is a little , 15% or more is a lot	
Nova Scotia School Food and Beverage Standard: Maximum	

Allergy information:

Contains milk and gluten.

About this recipe:

Red beets get their colour from betanin, which is a plant chemical and a type of antioxidant. Antioxidants can help protect your body's cells from damage. Including foods that contain antioxidants in your diet may help lower your risk of heart disease and diabetes.

Storage information:

Store the salad, cheese, and parley in separate airtight containers in the fridge for up to 3 days.