



BOUNTIFUL BARLEY BOWL

with Roasted Brussels Sprouts and Pepitas

PREP: 10 MIN
TOTAL: 35 MIN

LEVEL 1

VEGGIE

NUT FREE



INGREDIENTS:

- Barley (Contains: Wheat)
- Shallot
- Brussels Sprouts
- Balsamic Vinegar
- Honey
- Arugula
- Dried Cranberries
- Feta Cheese (Contains: Milk)
- Pepitas

FOR 2 PEOPLE:

- ¾ Cup
- 1
- 8 oz
- 1 TBSP
- 1 tsp
- 2 oz
- 1 oz
- ½ Cup
- 1 oz

FOR 4 PEOPLE:

- 1½ Cups
- 2
- 16 oz
- 2 TBSP
- 2 tsp
- 4 oz
- 2 oz
- 1 Cup
- 2 oz

HELLO BARLEY

Provides a hearty boost to dishes with its nutty flavor and chewy bite

NUTRITION PER SERVING

575 cal | Fat: 30 g | Sat. Fat: 7 g | Protein: 19 g | Carbs: 65 g | Sugar: 19 g | Sodium: 400 mg | Fiber: 14 g

START STRONG

Don't worry if you don't have an ovenproof pan. The Brussels sprouts can easily be roasted on a baking sheet with the shallots until they're golden and crispy, 15-20 minutes.



BUST OUT

- Medium pot
- Strainer
- Large ovenproof pan
- 2 Large bowls
- Whisk
- Olive oil (7 tsp | 14 tsp)

1 PREHEAT OVEN AND COOK BARLEY

Wash and dry all produce.

Preheat oven to 400 degrees. Place **barley** in a medium pot with a large pinch of **salt** and enough water to cover. Bring to a boil and cook until tender, about 25 minutes. Drain.

2 PREP

Halve, peel, and thinly slice **shallot**. Trim and halve **Brussels sprouts** through the stem.

3 SEASON BRUSSELS SPROUTS

Heat a large ovenproof pan over medium-high heat. In a large bowl, toss **Brussels sprouts** with **1 TBSP olive oil, salt, and pepper**. Place Brussels sprouts cut-side down in one layer in pan. In same bowl, toss **shallots** with a drizzle of **olive oil** and a pinch of **salt and pepper**.



4 COOK BRUSSELS SPROUTS

Sprinkle **shallots** on top of **Brussels sprouts**. Cook (without stirring) 3 minutes. Transfer pan to oven and roast until sprouts are tender, 8-10 minutes.

5 TOSS SALAD

In a large bowl, whisk together **1 TBSP balsamic vinegar, 1 tsp honey, and 1 TBSP olive oil**. Toss in drained **barley, arugula, and half the cranberries**. Toss to combine and season to taste with **salt and pepper**.

6 FINISH AND PLATE

Plate **barley salad** and top with **Brussels sprouts, shallots, feta, pepitas, and remaining cranberries**.

INCREDIBLE!

Seasonal eating at its finest.

