



Big Red Roasted Beets and Barley

Source: USDA What's Cooking USDA Mixing Bowl Database

Servings

6

Ingredients

1/2 cup barley

2 cups butternut squash, *peeled, seeded, diced*

3/4 cup fresh beets, *scrubbed, trimmed, peeled, diced*

1 Tbsp vegetable oil, canola

3/4 tsp ground cinnamon

1/4 cup

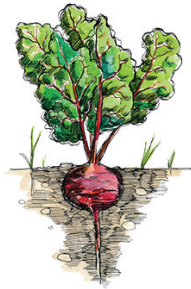
pumpkin seeds, *toasted*

1/2 cup

reduced fat

cheddar cheese, *shredded*

3/4 tsp course or kosher salt



Preparation

1. Boil barley for approximately 1 hour on medium heat or until tender.
2. Drain, rinse, and coat barley with 1/3 of the oil. If preparing recipe later, chill barley to below 40°F.
3. Peel, seed and dice butternut squash.
4. Preheat oven to 425°F.
5. Scrub, trim, and peel beets, then dice. Do not prepare in advance or beet juice may dry out and recipe may not be as pink in color.
6. Mix oil with cinnamon. Toss half of oil mixture with diced butternut squash and the other half with diced beets. Roast the squash and beets in separate sheet pans (to avoid beets turning the squash pink) in oven at 425°F for 10 minutes, then decrease temperature to 375°F for 25 minutes.
7. Toast pumpkin seed for 15 minutes at 325°F.
8. Mix all ingredients together, except for cheese.
9. Garnish with shredded cheese.

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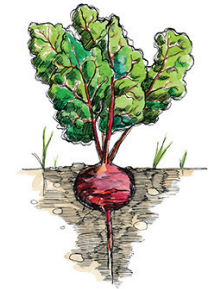
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