



BARLEY WITH PESTO AND ROASTED VEGETABLES

RECIPE AND INGREDIENT FACTS SHEET

What is Barley?

- Barley is a hearty, nutty whole grain that's been enjoyed for thousands of years.
- It's packed with fiber and nutrients to keep you energized and healthy.
- Perfect in soups, salads, and grain bowls—it's a grain that does it all!

Health Benefits of Barley

- **Soluble Fiber** – Good for your heart and gentle on digestion!
- **Slow-digesting Carbohydrates + Fiber** – Helps balance blood sugar and keeps you full and energized.



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Recipe

Ingredients

- 2 cups basil, washed
- 1/2 cup olive oil
- 1 clove garlic
- 1/4 cup grated parmesan cheese
- 1 1/2 cup pine nuts or walnuts (or 1/4 cup each!)
- Salt/Pepper
- Barley
- Asparagus
- Additional Olive oil for roasting
- Fresh or dried herbs or spices of your choice

Cook the Barley (cooking table on reverse side)

1. Combine barley, water, and vegetable bouillon in a saucepan.
2. Bring to a boil, reduce heat, cover, simmer until tender.
3. Drain excess liquid if needed and fluff with a fork.

Make the Pesto (makes about 1 cup)

1. Blend garlic, nuts and basil into a paste in a Cuisinart or blender. Scrape down sides as needed.
2. With blender running, drizzle in olive oil until smooth (consistency of honey).
3. Stir in grated parmesan, season with salt and pepper.

Roast the Vegetables

1. Preheat oven to 400°F.
2. Trim asparagus (cut off bottom 1–2 inches) and chop other veggies evenly.
3. Toss with olive oil, herbs, salt, and pepper.
4. Spread on a parchment-lined sheet and roast 20–30 minutes.

Put It All Together

1. Toss cooked barley with pesto and roasted vegetables.
2. Serve hot, warm, or at room temperature.



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READ MORE ABOUT THE HEALTHY INGREDIENTS!

Health Benefits of Pesto

Pesto is a flavorful blend of basil, nuts, olive oil, garlic, and cheese, and its ingredients provide several health benefits:

- **Basil** – rich in antioxidants and anti-inflammatory compounds that support immune health.
- **Olive Oil** – a source of heart-healthy monounsaturated fats.
- **Nuts** – provide protein, fiber, and healthy fats that support satiety and heart health.
- **Garlic** – contains allicin, which may help reduce cholesterol and support immune function.
- **Cheese (Parmesan)** – adds calcium and protein in moderation.

Together, pesto delivers nutrient-dense fats, antioxidants, and anti-inflammatory compounds while adding flavor that encourages more vegetable and whole-grain consumption.

Health Benefits of Roasted Vegetables

- **Asparagus** – packed with vitamins A, C, E, and K, folate, and fiber to support digestion, heart health, and immunity.
 - **Roasted Vegetables** – roasting enhances flavor while maintaining nutrients, providing antioxidants, fiber, and essential vitamins and minerals.
 - **Combined Benefits** – together, asparagus and other roasted vegetables promote healthy digestion, reduce inflammation, support weight management, and may help protect against chronic disease.
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Barley Cooking Guide

	Amount uncooked	Liquid needed	Cooking time	Yield
Pearl barley	1 cup	3 cups	45 minutes	3 cups
Hulled barley	1 cup	3 cups	50-55 minutes	3 cups
Hulless barley	1 ½ cups	4 ½ cups	50-55 minutes	3 cups