

Barley with Grilled Veggies and Toasted Pine nuts

4 cups cooked barley
1 cup zucchini squash, sliced
1 cup yellow squash, sliced
1 cup asparagus, chopped
½ cup sliced red onion
1 cup sliced red pepper
16 oz sliced baby Portobello mushrooms
1 Tbsp fresh thyme or ½ tsp dried
1 Tbsp fresh oregano or ½ tsp dried
1 Tbsp fresh rosemary or ½ tsp dried
¼ cup fresh snipped chives, chopped
¼ cup fresh lemon juice
1 Tbsp olive oil, plus 2 tsp
2 Tbsp Parmesan Cheese
¼ cup dry roasted pine nuts
Salt (optional)
Pepper

Prepare barley according to package. Place vegetables in medium bowl, add 2 tsp of olive oil, thyme, oregano, rosemary, salt and pepper and mix to coat. Place vegetables in a grill safe pan and grill for 5-8 minutes until tender and slightly charred. Remove from heat.

Add the lemon juice, remaining olive oil, chives, parmesan cheese and pine nuts to barley. Add pepper. Serve 1 cup barley with 1 cup veggies.

Serves 4. One serving=¾ cup

Calories 260 Fat 8g Sat Fat 2g Carbohydrate 40g Fiber 7g Protein 8g Sodium 55mg