



Healthy Eating: Barley Spinach and Mushrooms

Regardless of the time of year, you can't go wrong with this Barley Spinach and Mushroom dish. The dish incorporates seasoned cooked barley stirred into sautéed mushrooms, caramelized onions, and Cannellini beans, finished with parmesan cheese and a hint of balsamic.

INGREDIENTS

- 1 cup of uncooked barley (I use Quaker brand 1-minute Barley)
- 1- 15 oz. can of vegetable broth
- Pinch of thyme



VEGGIES

- 8 oz. mushrooms
- 1- 15 oz. can of Cannellini beans; do not drain
- ½ cup caramelized onions
- 2 tbsp. extra virgin oil
- 2 garlic cloves; minced/grated
- ½ tsp thyme
- ½ tbsp. balsamic vinegar
- ¼ tsp salt and pepper; to taste
- ½ cup parmesan cheese (omit if you wish to make the dish vegan)
- 2 cups of spinach



INSTRUCTIONS

Barley

1. In a large sauce pan, bring the barley, broth, water, and thyme to a boil.
2. Once boiling, stir well, reduce heat to low, cover and cook 50-60 minutes (10-12 minutes if you use a quick barley like me!)
3. Fluff with fork once cooked.



Cooked Barley





Vegetables

1. Heat the olive oil in a large sauté` pan over medium-high heat to caramelize the onions.
2. Then add the mushrooms and garlic; mix well and cook for 2 minutes.



Sautéed onions



Sautéed onions, mushroom and garlic mixture

3. Add ¼ tsp of salt and pepper.
4. Reduce heat to medium.
5. Once the mushrooms have cooked down, add in the barley and stir well.
6. Then add the beans and stir gently. Do not drain or rinse them.
7. Add the balsamic vinegar.
8. Once the beans have heated through and are hot, remove from heat and wilt in the spinach.



9. After the spinach has wilted in, add the parmesan cheese to the desired amount.
10. Serve and Enjoy!!!

