

## Beet, Barley and Rainbow Chard

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 6-8 servings

### Ingredients:

4 medium golden beets, tops removed  
1 cup dry pearl barley  
½ teaspoon salt  
1 bunch rainbow chard  
2 tablespoons extra-virgin olive oil, plus one teaspoon  
3 tablespoons lemon juice, divided  
½ large red onion, minced  
4 ounces crumbled feta, plus extra for serving  
Salt and ground black pepper, to taste

### Method of Preparation:

1. Preheat oven to 450 degrees. Loosely wrap beets in foil and roast them in the oven until they are just fork tender, 30-45 minutes. Let cool enough to handle, then peel and dice into ½-inch cubes.
2. For the barley, bring four cups of water to a boil. Add barley and ½ teaspoon of salt. Reduce to a simmer, cover, and cook until barley is tender, about 30 minutes. Drain the barley and return it to the pan. Keep warm.
3. Wash rainbow chard and pat dry, leaving some moisture. Strip leaves from stems and stack them in a pile, then slice into half-inch ribbons. Set aside. Dice stems into small bite-sized pieces and set aside.
4. Heat one teaspoon of olive oil in a large skillet over medium heat. Sauté diced chard stems with a pinch of salt until they start to turn translucent, 6-8 minutes. Add chard leaves, half of lemon juice and a pinch of salt. Continue to cook, stirring gently, until it is bright green and has wilted down, another 4-5 minutes. If the pan is very dry, add a few tablespoons of water so chard can continue steaming.
5. In a large mixing bowl, combine diced beets, cooked barley, chard stems and leaves, and red onion. Let everything cool to room temperature, then stir in feta.
6. In a small bowl, whisk together remaining lemon juice, 2 tablespoons of olive oil, and ¼ teaspoon salt. Drizzle vinaigrette over salad and stir to evenly coat all the ingredients.
7. Taste the mixture and adjust seasoning if needed.

#### Nutritional Analysis:

Calories: 250  
Carbohydrates: 36 g  
Sodium: 300 mg  
Protein: 8 g  
Fat: 9 g  
Fiber: 8 g