



A Nutrition Resource

# BIG RED ROASTED BEETS AND BARLEY

**Yield: 6 Servings**

**Cost/Serving: \$1.05**

## Ingredients:

- 1/2 cup barley
- 2 cups butternut squash, *peeled, seeded, diced*
- 3/4 cup fresh beets, *scrubbed, trimmed, peeled, diced*
- 1/2 lb. packaged cabbage coleslaw or broccoli slaw
- 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

## Directions:

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.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>(0.0g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 360mg	<b>16%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 1.3mg	8%
Potassium 230mg	4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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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.

*Source: USDA What's Cooking USDA  
Mixing Bowl Database, MT Harvest  
of the Month*

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