

BARLEY RISOTTO BOWL, SALMON, BROCCOLI, SQUASH, MUSHROOMS FTT

Serving size: 1 plate

Makes 2 servings

- 2 TBSP Dry White Wine
- 1 ¼ cup Vegetable Broth
- ½ TBSP Butter
- 1 ¼ tsp Canola Oil
- 1/3 cup Yellow Onion, chopped
- ¾ cup Barley, dry
- 1/8 tsp Salt
- ¼ tsp Black Pepper
- 2 TBSP Fresh Parsley, chopped
- 2 TBSP Parmesan Cheese, grated
- ½ cup Baby Spinach
- 1 cup Butternut Squash, cubed
- 1 ¼ tsp Canola Oil, divided
- ¾ tsp Black Pepper, divided
- 1 cup Button Mushrooms, chopped
- 1/8 tsp Salt
- 1 ½ TBSP Fresh Thyme, chopped
- 1 ¼ tsp Garlic, minced
- ½ cup Broccoli Florets
- 10 oz Salmon Fillet, divided into two 5 oz filets
- 2 TBSP Fresh Parsley, chopped
- 2 each Lemon Wedge

Preparation:

1. Combine white wine and vegetable broth in a small pot. Hold warm over low heat until ready to use.
2. Heat butter and canola oil in a medium-sized pot. Add onions and sweat until translucent. Stir in barley. Stir to coat with butter and lightly toast.
3. Gradually add broth/wine mixture to barley ½ cup at a time, allowing broth to be absorbed each time before adding more. Repeat process until all liquid has been absorbed and barley is tender.
4. Remove from heat. Stir in salt, pepper, parsley, spinach and parmesan cheese.
5. Meanwhile, toss butternut squash with ½ tsp canola oil and 1/8 tsp black pepper. Separately, toss mushrooms with ¾ tsp canola oil, 1/8 tsp black pepper, 1/8 tsp salt, thyme, and garlic. Roast in a 350°F oven until caramelized and tender, about 20-30 minutes.
6. Steam broccoli for 3-4 minutes until just tender.
7. Preheat grill or medium-sized skillet to medium-high heat. Spray each salmon fillet with cooking spray on both sides. Sprinkle with ¼ tsp black pepper each. Grill salmon until final internal temperature of 145°F is reached.
8. For each plate: Place ¾ cup risotto on the bottom, top with ¼ cup roasted squash, ¼ cup mushrooms, ¼ cup broccoli, salmon fillet, 1 TBSP parsley, and a lemon wedge.



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NUTRITION FACTS PER SERVING

calories	590
total fat (g)	22
saturated fat (g)	5
trans fat (g)	0
sodium (mg)	450
total carbohydrate (g)	68
dietary fiber (g)	14
sugar (g)	5
protein (g)	31