



## NUTRITION MONTH 2022

Recipes for Healthy  
Sustainable Eating

# One Pot Barley and Vegetables

This one-pot, nutrient-packed meal is ideal for busy households. Less clean up means more time to eat as a family, an important part of healthful (and happy) eating. Make a double batch and freeze half for another time when you need a meal in a hurry.

**Prep time:** 5 minutes

**Cooking time:** 40 minutes

Yields 4 to 6 servings

## INGREDIENTS

1 tsp (5 mL) butter

1 cup (250 mL) pearl barley

3 cloves garlic, minced

2 cups (500 mL) milk

1 1/2 cups (375 mL) no salt added vegetable broth

1/4 tsp (1 mL) each salt and fresh ground pepper

1 can (398 mL) diced tomatoes

2 cups (500 mL) frozen green peas, thawed

1/3 cup (75 mL) sundried tomato pesto

1 can (540 mL) chickpeas, drained and rinsed

**Toppings:** crumbled feta cheese, chopped green onion, crushed red chili flakes, and fresh lemon juice

## PREPARATION

Preheat oven to 400°F (200°C).

In a Dutch oven, melt butter over medium-high heat. Add barley and garlic, cook for 2 minutes. Stir in milk, broth, salt, pepper and tomatoes; bring to boil. Cover and transfer to oven; bake for 30 minutes. Uncover and bake for 5 more minutes or until barley is tender but firm.

Stir in peas, pesto and chickpeas. Serve topped with cheese, green onions, chili flakes, and a big squeeze of lemon.

## NUTRITION TIP

Powerful pairing! The combination of animal and plant proteins in this dish provides complementary nutrients that contribute to good health. For example, milk provides easily absorbable calcium while chickpeas provide fibre, two important nutrients that most of us are missing in our diet.

## FOR THE ENVIRONMENT

This hearty dish features foods grown and produced in Canada, including barley, milk and cheese. Choosing local means you're minimizing your diet's environmental footprint while eating fresher, more flavourful foods and supporting the local economy. Triple win!

## Your dietitian

**Name:** \_\_\_\_\_ **Organization:** \_\_\_\_\_

**Contact:** \_\_\_\_\_

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