

Roasted Butternut and Wheatberry Salad

Serves 4

Barley Porridge

Ingredients:

Cooked Barley
1 cup pearled barley
½ teaspoon of salt

Barley Porridge
2 cups cooked barley
Salt
½ cup milk
2 tablespoons Vermont maple syrup
2 tablespoons chopped nuts (hazelnuts, almonds, walnuts)
Fresh fruit

Method:

Bring 3 cups of water, salt and barley to a boil. Reduce to a simmer and cook for about 40 min. until the barley is tender. This can be done days ahead in larger batches and then used as needed.

For porridge: combine cooked barley, milk and maple syrup and simmer for about 15 minutes. Top with nuts or granola and fresh fruit.

Rye Pilaf

Ingredients:

1 cup rye berries
2 cups of vegetable stock
½ small yellow onion diced