



Butternut Barley Risotto with Goat Cheese and Toasted Almonds

Food as MedicineSM Tip

The folate in butternut squash can help break down homocysteine, an amino acid that in large amounts can lead to increased fatty deposits in peripheral arteries, a higher risk of coronary artery disease, and stroke.

Culinary Taste Tip

Toasting the barley in a dry sauté pan brings out a hearty, toasty flavor, while also helping the grain cook faster.

Culinary Technique Tip

Cook the risotto in a flavorful liquid, such as the green tea in this recipe. The risotto will absorb its flavors and its anti-inflammatory catechins.

Preparation Time: 10 minutes

Cooking Time: 18 minutes

Servings: 4

Calories: 247 per serving

Percent from Fat: 27%

Ingredients

- 3 green tea teabags, such as Tazo brand
- 1 cup quick-cooking pearled barley, such as Mother's brand
- 3 cups ½-inch diced butternut squash (12 ounces)
- 2 teaspoons Madras curry powder, or other spicy Indian curry powder
- ¾ teaspoon salt
- ½ cup crumbled goat cheese
- ¼ cup sliced unblanched almonds, toasted



Preparation

Bring 3 cups water to a boil in a medium saucepan over high heat (or in a 1-quart Pyrex measuring cup in the microwave oven). Add tea bags; turn off heat and let steep for 5 minutes. Remove and discard tea bags.

Meanwhile, toast barley in a dry sauté pan or deep skillet over medium-high heat 2 to 3 minutes, stirring occasionally. Add squash, 1 cup of the tea, curry and salt. Simmer, stirring frequently, until tea is absorbed, 3 to 4 minutes. Add additional tea by ½ cupfuls, simmering until tea is absorbed before adding additional liquid. This should take 12 to 14 minutes. When barley and squash are tender and all tea has been incorporated, remove from heat. (Barley should be on the wet side to make a creamy sauce; if it is dry, stir in a little hot water.) Stir in goat cheese until melted and creamy. Transfer to serving plates; top with almonds.

Substitutions

Turmeric may replace the curry powder, and feta cheese may replace the goat cheese (but it will not melt completely.)

Tips

Look for packages of peeled, cut-up butternut squash in the fresh produce section of better supermarkets. The cubes are large and will need to be cut into ½-inch pieces.

Nutritional Analysis Per Serving

Total fat (g): 8; Fat calories (kc): 70; Cholesterol (mg): 11; Trans fatty acids (g): 0; Saturated fat (g): 3.2; Polyunsaturated fat (g): 0.9; Monounsaturated fat (g): 2.9; Fiber (g): 7; Carbohydrates (g): 39; Sugar (g): 2.3; Protein (g): 9; Sodium (mg): 513; Calcium (mg) 100.

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