



Mushroom Barley and Roasted Asparagus Salad



Vegetarian



Vegan



Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



246 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pounds asparagus trimmed
- ☐ 1 bay leaf
- ☐ 6 servings pepper black freshly ground
- ☐ 4 cups button mushrooms trimmed thinly sliced
- ☐ 2 teaspoons dijon mustard
- ☐ 3 stems flat-leaf parsley fresh chopped
- ☐ 2 sprigs thyme leaves fresh minced

- ☐ 2 teaspoons kosher salt
- ☐ 0.3 cup juice of lemon freshly squeezed
- ☐ 2 large lemon zest peeled
- ☐ 0.3 cup olive oil extra-virgin plus more for cooking the asparagus
- ☐ 0.8 cup pearl barley rinsed
- ☐ 0.5 medium shallots minced

Equipment

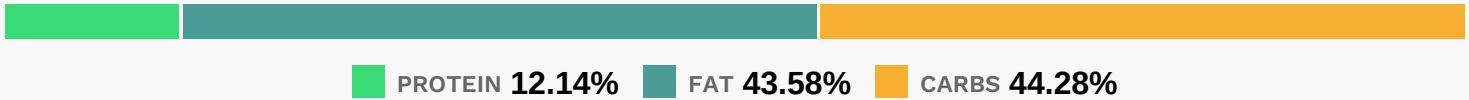
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ kitchen twine

Directions

- ☐ Put the barley in a medium pot with water to cover by a few inches and salt it generously. Tie the thyme sprigs, parsley stems, and bay leaf together with a piece of kitchen twine and add to the pot, along with the lemon peel. Simmer, stirring occasionally, until tender, about 30 minutes.
- ☐ Drain and remove the herbs and lemon.
- ☐ Meanwhile, toss the mushrooms with 2 tablespoons of the lemon juice and 1/2 teaspoon of the salt in a large bowl.
- ☐ Whisk the remaining lemon juice with the mustard, remaining salt, and pepper, to taste, in a small bowl. Gradually whisk in the olive oil, starting with a few drops and then adding the rest in a steady stream to make a smooth, slightly thick vinaigrette.
- ☐ Add the shallots.
- ☐ Toss the mushrooms, barley, and the dressing together. Stir in the chopped herbs. Set aside at room temperature for about 1 hour for the flavors to come together.
- ☐ Preheat the oven to 450 degrees F.

- ☐
- Spread the spears in a single layer in a shallow baking pan, drizzle with olive oil, sprinkle with salt, and roll to coat thoroughly. Roast the asparagus until lightly browned and tender, about 10 minutes, giving the pan a good shake about halfway through.
- ☐
- Spread the roasted asparagus on a serving platter. Spoon the barley salad on top and serve.
- ☐
- Per Serving: Calories: 258; Total Fat: 14 grams; Saturated Fat: 2 grams; Protein: 7 grams; Total carbohydrates: 29 grams; Sugar: 4 grams; Fiber: 8 grams; Cholesterol: 0 milligrams; Sodium: 689 milligrams

Nutrition Facts



Properties

Glycemic Index:39.17, Glycemic Load:1.45, Inflammation Score:-9, Nutrition Score:21.372608550217%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 1.1mg, Apigenin: 1.1mg, Apigenin: 1.1mg, Apigenin: 1.1mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 21.19mg, Quercetin: 21.19mg, Quercetin: 21.19mg, Quercetin: 21.19mg

Nutrients (% of daily need)

Calories: 245.66kcal (12.28%), Fat: 12.8g (19.69%), Saturated Fat: 1.82g (11.4%), Carbohydrates: 29.27g (9.76%), Net Carbohydrates: 21.07g (7.66%), Sugar: 4.93g (5.47%), Cholesterol: 0mg (0%), Sodium: 803.05mg (34.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.03g (16.05%), Vitamin K: 79.08µg (75.31%), Fiber: 8.2g (32.8%), Manganese: 0.64mg (31.84%), Copper: 0.61mg (30.3%), Vitamin B2: 0.51mg (29.79%), Selenium: 19.48µg (27.83%), Folate: 100.01µg (25%), Vitamin B3: 4.99mg (24.94%), Iron: 4.44mg (24.66%), Vitamin A: 1211.17IU (24.22%), Vitamin E: 3.48mg (23.23%), Vitamin C: 19.02mg (23.05%), Vitamin B1: 0.33mg (21.69%), Phosphorus: 194.11mg (19.41%), Potassium: 612.06mg (17.49%), Vitamin B5: 1.48mg (14.83%), Vitamin B6: 0.29mg (14.47%), Magnesium: 50.02mg (12.51%), Zinc: 1.73mg (11.52%), Calcium: 53.99mg (5.4%)