



Toasted Barley, Green Bean, and Shiitake Salad with Tofu

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



296 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons agave nectar
- 1 tablespoon brown sugar
- 1 teaspoon sesame oil dark
- 2 tablespoons sesame oil dark divided
- 12 ounce extra-firm tofu 1-inch-thick drained cut into 5 () slices
- 1 teaspoon ginger fresh grated peeled
- 2 teaspoons ginger fresh finely grated peeled

- 1 garlic clove grated
- 1 garlic clove minced
- 1 pound green beans trimmed cut into 2-inch pieces
- 1.5 cups green onions thinly sliced
- 2 tablespoons lower-sodium soy sauce
- 1 cup pearl barley uncooked
- 0.3 cup rice wine vinegar
- 0.8 teaspoon salt divided
- 10 ounce mushroom caps
- 5 cups water

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- whisk
- grill pan
- cutting board

Directions

- To prepare tofu, place tofu slices on several layers of paper towels; cover with additional paper towels. Top with a cutting board; place a heavy skillet on top of cutting board.
- Let stand 45 minutes, pressing down occasionally.
- Cut each tofu slice into 10 cubes; arrange in a single layer in a shallow dish.
- Preheat oven to 37
- Combine brown sugar and next 4 ingredients (through garlic) in a small bowl.

- Pour sugar mixture over tofu in dish, and turn to coat.
- Let stand for 25 minutes. Arrange tofu in a single layer on a baking sheet coated with cooking spray.
- Bake at 375 for 35 minutes, turning after 15 minutes. Cool completely.
- To prepare salad, heat 1 teaspoon sesame oil in a heavy saucepan over medium-high heat.
- Add barley to pan; cook 3 minutes or until lightly toasted, stirring frequently.
- Add 5 cups water and 1/2 teaspoon salt; bring to a boil. Reduce heat, and simmer 45 minutes or until barley is tender.
- Drain; cool completely.
- Place barley in a large bowl.
- Cook green beans in boiling water for 4 minutes or until crisp-tender.
- Drain and plunge green beans into ice water.
- Drain well; pat dry.
- Add beans to barley.
- Heat a grill pan over medium-high heat.
- Brush tops of mushrooms with 2 teaspoons oil.
- Add mushrooms to pan, oiled side down. Cook 5 minutes or until browned.
- Sprinkle evenly with remaining 1/4 teaspoon salt. Cool slightly; slice mushrooms thinly.
- Add tofu, mushrooms, and green onions to barley mixture.
- Combine remaining 1 tablespoon oil, rice wine vinegar, 2 tablespoons soy sauce, agave nectar or honey, grated ginger, and minced garlic in a small bowl, stirring with a whisk.
- Drizzle over barley mixture in bowl; stir well to combine.
- Serve at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:46.67, Glycemic Load:3.56, Inflammation Score:-7, Nutrition Score:18.322608792264%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

Nutrients (% of daily need)

Calories: 296.15kcal (14.81%), Fat: 8.72g (13.42%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 45.64g (15.21%), Net Carbohydrates: 36.03g (13.1%), Sugar: 11.37g (12.63%), Cholesterol: 0mg (0%), Sodium: 511.95mg (22.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.82g (23.64%), Vitamin K: 87.31µg (83.15%), Manganese: 0.8mg (40.12%), Fiber: 9.62g (38.47%), Selenium: 16.24µg (23.19%), Vitamin B3: 4.18mg (20.89%), Vitamin B6: 0.39mg (19.33%), Vitamin C: 15.48mg (18.76%), Phosphorus: 175.86mg (17.59%), Magnesium: 66.38mg (16.59%), Iron: 2.98mg (16.54%), Copper: 0.32mg (16.09%), Vitamin B2: 0.26mg (15.58%), Vitamin A: 778.3IU (15.57%), Folate: 59.36µg (14.84%), Potassium: 495.63mg (14.16%), Calcium: 139.49mg (13.95%), Vitamin B1: 0.16mg (10.63%), Zinc: 1.56mg (10.37%), Vitamin B5: 1.02mg (10.19%), Vitamin E: 0.62mg (4.15%), Vitamin D: 0.19µg (1.26%)