



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Warm Barley Salad with Pomegranate, Walnuts, and Goat Cheese

Serves 9

Ingredients:

- 1 cup dry barley (preferably hulled barley)
- 1/4 teaspoon salt
- 1 cup pomegranate seeds (~ 1 pomegranate)
- 1 cup walnuts (chopped, toasted)
- 6-8 ounces goat cheese (crumbled)
- 1 tsp dry parsley (divided)

Directions:

1. Cook barley: Combine 1 cup dry barley, 3 cups water, salt, and 1/2 tsp dry parsley in saucepan. Bring to a boil, then reduce to a simmer, cover, and cook until the barley is done (~40 minutes). Drain off excess water if necessary.
2. Transfer cooked barley into a large bowl. Fluff with a fork. Mix in pomegranate seeds, walnuts, goat cheese, and 1/2 tsp dry parsley.



Nutrition Tips:

1. Barley comes in two basic forms: hulled and pearl. Hulled barley has had the tough, inedible hull layer removed but retains the nutrient-dense bran and endosperm layers. Hulled barley is considered a “whole grain,” has a nuttier and chewier taste, and contains more nutritional value than its pearled counterpart.
2. Hulled barley will take ~40 minutes to cook, whereas pearled barley will take ~25 minutes to cook.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.