

# Barley with Butternut Squash, Apples and Onions



## side dishes

**POINTS®** Value: 3

Servings: 4

Preparation Time: 25 min

Cooking Time: 35 min

Level of Difficulty: Easy

Add sweetness to your Rosh Hashanah meal with these wonderful fall flavors. Double or triple the recipe for larger gatherings.

## Ingredients

- 3/4 tsp table salt, divided
- 1/2 cup uncooked barley
- 1 Tbsp olive oil
- 2 cup butternut squash, diced
- 1 cup onion(s), chopped
- 1/2 cup sweet red pepper(s), diced
- 1 medium apple(s), peeled, cored, diced
- 1 1/2 tsp minced garlic
- 3/4 tsp dried thyme
- 1/4 tsp black pepper
- 1/3 cup fat-free, reduced-sodium chicken broth

## Instructions

Bring 3 cups of water and 1/2 teaspoon of salt to a boil in a medium saucepan; add barley. Cover saucepan and simmer barley until tender, about 30 to 35 minutes; drain.

Meanwhile, heat oil in a large nonstick skillet over medium-high heat; add squash, onion and red pepper. Cook, stirring often, until vegetables are browned and almost tender, about 8 minutes.

Stir in apple, garlic, thyme, black pepper and remaining 1/4 teaspoon of salt. Cook, stirring, until apple is almost tender, about 2 minutes; stir in broth, scraping bottom of skillet with a wooden spoon to loosen any browned bits. Stir in cooked barley; toss over low heat to mix and coat. Remove from heat and serve. Yields about 3/4 cup per serving.

## Notes

Butternut squash doesn't need to be a labor-intensive ingredient. Save time by buying it peeled, seeded and cubed at your grocery store.