

Grilled Vegetables Over Barley With Feta & Basil

Prep: 25 minutes
Cook: 45 minutes to 1 hour

Ingredients

1 cup pearl barley
Juice of 3 limes
1 1/2 tablespoons honey
4 garlic cloves, minced
3/4 tsp kosher salt plus additional for seasoning
3/4 tsp freshly ground black pepper
1/8 tsp chili powder
1/2 cup extra-virgin olive oil
8 ears corn broken in half, husks removed
2 red bell peppers, seeded and quartered
12 whole button mushrooms
3 tablespoons chopped fresh basil
1/3 cup crumbled feta

Nutrition facts per serving:

Servings Per Recipe 6 servings
Calories 448
Total Fat (g) 22
Saturated Fat (g) 4
Carbohydrate (g) 60
Fiber (g) 10
Protein (g) 10
**Percent Daily Values are based on a 2,000 calorie diet*



Directions

Bring a large pot of salted water to a boil. Add the barley and boil until tender but slightly chewy, 45 minutes to 1 hour; drain.

In a bowl, whisk together the lime juice, honey, garlic, salt, black pepper and chili powder. Whisk in the oil; reserve 1/3 of the dressing for the barley.

Brush the ears of corn with dressing. Toss the bell peppers and mushrooms with remaining dressing.

Preheat a grill to medium-high. Season the vegetables lightly with salt; grill, turning occasionally, until tender and lightly charred, 5 to 7 minutes a side.

Toss barley with 1 tablespoon of the basil and the reserved dressing. Spoon onto serving plates and top with vegetables. Sprinkle with remaining basil and the feta.

Pumpkin Spice Muffins



Preparation

Serves 8

Serving Size: 2 muffins

Ingredients

1 cup whole wheat flour
3 tsp. baking powder
2 tsp. ground cinnamon
2 tsp. ground nutmeg
1/4 cup egg substitute
2 Tbsp. Splenda Sugar Blend for Baking
1 cup canned pumpkin
1/2 cup nonfat milk
1/4 cup unsweetened applesauce
1/4 cup raisins or chopped nut

Nutrition Facts

Carbohydrate exchanges 1.5
Amount per Serving
Calories 95
Calories From Fat 5
Total Fat 0.5 g
Saturated Fat 0.2 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 160 mg
Carbohydrate 20 g
Dietary Fiber 3 g
Sugars 6 g
Protein 4 g

Preheat the oven to 400°F. Line 16 muffin-pan cups with paper liners or spray with nonstick cooking spray. In a large bowl, stir together the flour, baking powder, cinnamon, and nutmeg. In a medium bowl, beat the egg substitute with a whisk. Add the Splenda, pumpkin, milk, and applesauce; stir until well blended. Stir the raisins or chopped nuts into the flour mixture until just blended. Fill the muffin-pan cups 2/3 full. Bake 20 to 25 minutes, or until a wooden toothpick inserted in the center comes out clean. Remove the muffins from the pans. Serve warm or at room temperature.

Courtesy of Helen Long, Nutritionist

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