

Butternut Barley Risotto With Goat Cheese and Toasted Almonds



Recipe from La Puma J. *ChefMD's Big Book of Culinary Medicine*. Three Rivers Press; 2008.

Ingredients

3 cups water
3 green tea bags
1 cup quick-cooking pearled barley
3 cups 1/2-inch diced butternut squash (about 12 oz)
2 tsp Indian curry powder
3/4 tsp salt
1/2 cup crumbled goat cheese
1/4 cup sliced unblanched almonds, toasted

Preparation

1. Bring the water to a boil in a medium saucepan over high heat (or in a 1-quart Pyrex measuring cup in the microwave oven). Add the tea bags; turn off the heat and let steep for 5 minutes. Remove and discard the tea bags.
2. Toast the barley in a dry sauté pan or deep skillet over medium-high heat for 2 to 3 minutes, stirring occasionally. Add the squash, 1 cup of the tea, the curry, and the salt.
3. Simmer, stirring frequently, until the tea is absorbed, 3 to 4 minutes. Add additional tea by half-cupfuls, simmering until the tea is absorbed before adding additional liquid. This should take 12 to 14 minutes. When the barley and squash are tender and all tea has been incorporated, remove from heat. (The barley should be on the wet side to make a creamy sauce; if it is dry, stir in a little hot water.)
4. Stir in the goat cheese until melted and creamy. Transfer to serving plates; top with almonds.

Nutritional Analysis per Serving

Yield: 4 Servings | Total Fat: 7.8 g | Fat Calories: 70.4 | Cholesterol: 11.2 mg : Saturated Fat: 3.2 g : Polyunsaturated Fat: 0.9 g | Monounsaturated Fat: 2.9 g | Fiber:7.2 g | Carbohydrates: 39.4 g | Protein: 9.0 g | Sodium: 513.1 mg | Calcium: 99.9 mg| Magnesium: 50.2 mg | Zinc: 0.4 mg | Selenium: 1.2 µg | Potassium: 433.3 mg

Recipe courtesy of [La Puma Farms](#)