



**Elliott Evans Nutrition, LLC**  
Prevent and Protect  
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## **BAKED BARLEY RISOTTO WITH BUTTERNUT SQUASH**

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MAKES 4 SERVINGS

- 2 tablespoons olive oil**
- 1 small butternut squash (about 1 ½ pounds) – peeled, seeded, and cut into 1-inch pieces (about 3 cups)**
- 1 onion, finely chopped**
- Kosher salt and black pepper**
- 1 cup pearl barley**
- ½ cup dry white wine**
- 3 cups low-sodium vegetable broth**
- 5 ounces baby spinach**
- ½ cup grated Parmesan (2 ounces), plus more for serving**
- 1 tablespoons unsalted butter**

- **Heat oven to 400 degrees. Heat the oil in a Dutch oven or large oven-safe saucepan over medium-high heat. Add the squash, onion, ¼ teaspoon salt, and ¼ teaspoon pepper and cook, stirring often, until the onion begins to soften, 4-6 minutes.**
- **Add the barley to the vegetables and cook, stirring, for 1 minute. Add the wine and cook, stirring, until evaporated, about 1 minute. Add the broth and bring to a boil, cover the pot and transfer it to oven. Bake until the barley is tender, 30-40 minutes.**
- **Stir in the spinach, Parmesan, and butter. Serve with additional Parmesan.**