

Butternut Barley



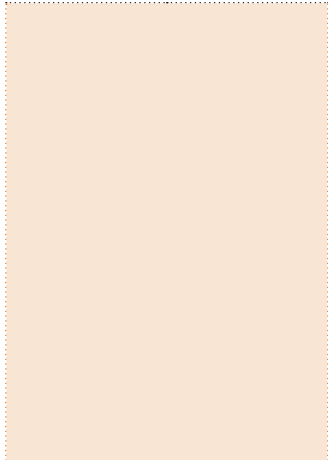
NUTRITION INFORMATION

SERVING SIZE: ½ cup

| Amount per Serving | |
|--------------------|-----------|
| Calories | 88 kcal |
| Protein | 2.21 g |
| Carbohydrate | 17.49 g |
| Total Fat | 1.41 g |
| Saturated Fat | 0.78 g |
| Cholesterol | 3.05 mg |
| Vitamin A | 349.88 IU |
| Vitamin C | 2.79 mg |
| Iron | 0.64 mg |
| Calcium | 13.69 mg |
| Sodium | 92.64 mg |
| Dietary Fiber | 3.46 g |

EQUIVALENTS: ½ cup provides 1 oz equiv grain/bread.

Recipe HACCP Process: #2 Same Day Service



Butternut Barley • 30 servings (½ cup)

| INGREDIENTS | WEIGHT | MEASURE | METHOD |
|------------------|-----------|----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | 1 Preheat convection oven to 350°F. |
| Butternut squash | 1 lb 8 oz | | 2 Cut squash in half lengthwise and place cut side down on a half sheet pan. Bake until soft, 30 to 35 minutes. When cool, scoop out flesh and purée in a food processor. |
| Boiling water | | 1 qt + 3½ cups | 3 Combine the squash purée, water, barley, butter and salt in 2-inch deep full hotel pan. Mix until well combined. Cover tightly with plastic wrap then foil. (You want the pan to be airtight to keep in the moisture.) |
| Pearled barley | 1 lb 8 oz | 3 cups | |
| Salted butter | | 3 Tbsp | |
| Kosher salt | | 1½ tsp | |
| | | | |
| | | | 4 Bake for 1 hour. Uncover and stir. It should be creamy and barley should be soft but not mushy. If it seems too watery, recover and bake for 20 minutes more. |



| NOTES |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Refrigerate roasted squash for up to 3 days or freeze for up to 3 months. • If you already have roasted squash, skip Step 2 and use 1½ cups in Step 3. |