



Mediterranean Barley Side Dish

Adding elements like olives, cherry tomatoes, parsley, and lemon to barley can truly transform it from a humble side dish into a flavorful, Mediterranean-inspired feast.

This combination not only packs a flavorful punch but also adds a variety of textures that make the barley more interesting and satisfying. Additionally, each of these additions brings its own nutritional benefits, enhancing the healthfulness of the dish. It's a simple way to elevate your barley and bring a touch of the Mediterranean to your dining table.



Portions

4



Cook

10 Minutes



Contributor

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- 1 cup Barley
- 2 cups Water
- ¼ cup Pitted Kalamata Olives
- 1 cup Cherry Tomatoes (halved)
- ¼ cup Parsley (chopped)
- 1 ½ tbsp Lemon Juice

1. Combine the barley and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 30 minutes or until water is absorbed. Remove lid and fluff with a fork.
2. Add the olives, cherry tomatoes and parsley to the barley. Stir to combine. Drizzle with lemon juice and divide evenly between plates. Enjoy!

DIETITIAN'S MESSAGE

Not only do these ingredients add the flavors of the Mediterranean, but olives are rich in heart-healthy fats and vitamin E, and provide a good source of dietary fiber, while cherry tomatoes are packed with vitamins A and C, and are known for their lycopene content, a powerful antioxidant.

Variation

Consider replacing olives with chopped walnuts as a way to align with the guidelines for the Brain Health Food Guide, while still nourishing your body with healthy fats.



Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

CCNA
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on Neurodegeneration
in Aging



CCNV
Consortium canadien en
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