

# roasted squash & barley salad



**3 small** winter squash

(delicata, carnival, amercup, autumncup, buttercup or gold nugget squash)

oil, for brushing on squash

Preheat oven to 375 F. Rinse the squash and pat dry. Carefully cut each squash in half so that you have two “bowls.” You may have to slice off a small bit from the tops and/or bottoms so that they will sit flat on a plate. Scoop out the seeds (and save for roasting, if desired) and rub cut sides of the squash with a small amount of oil. Place hollow side down on a baking dish and place in oven. Let roast for about 20-30 minutes or until a fork can easily pierce through the squash. Remove and turn over so they will cool.

Fill each squash half with the barley salad and serve (recipe below).

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# Barley Salad with Lemon Dressing

**2 c** barley (hulled, not pearled), rinsed and drained

**5 c** vegetable broth (may substitute water)

**1/2 c** sweet onion, small dice

**3 stalks** celery, small dice

**1 c** of shredded red cabbage

**1 c** dried cherries or cranberries

**1 lg bunch** of parsley, cleaned, trimmed, and minced

**2** carrots, grated

**3/4 c** raw walnuts, chopped

**2 TBS** tamari or shoyu soy sauce

**1/4 c** lemon juice

**3 TBS** olive oil

**1 tsp** Dijon mustard

Combine the barley and broth in a large pan. Bring to a boil, reduce heat to low and cover. Simmer for 45 minutes to 1 hour. Stir periodically to make sure nothing is sticking to the bottom of the pan, adding more water if necessary. Once the barley is cooked through, rinse and drain well. Move barley to a bowl. Add the onions, celery, cabbage, carrots, walnuts, dried fruit and parsley. In a food processor combine the tamari, lemon juice, olive oil and mustard. Pulse to bring the dressing together. Toss this with the rice mixture and serve as a stuffing in roasted squash.