

Pearl Barley with Carrots & Chickpeas

Barley is not just for soup as this beta carotene-packed side dish illustrates. Best served warm, it can also dress up chilled salad greens with the addition of a vinaigrette dressing.



Ingredient list for 4 servings

$\frac{3}{4}$ cup barley
1 pound carrots - cut into $\frac{1}{4}$ " thick slice
1 can chickpeas - drained and rinsed
 $\frac{1}{2}$ cup red bell pepper - diced
1 teaspoon olive oil
 $\frac{1}{4}$ teaspoon dried thyme
Kosher salt
Freshly ground black pepper
Chopped fresh parsley, for serving (optional)



- Combine one $\frac{3}{4}$ cup barley with 2 $\frac{1}{4}$ cups water and a pinch of salt in a medium saucepan. Bring to a boil over high heat and lower to a simmer. Cook until barley is tender yet chewy, about 25–30 minutes, Drain it well and set aside.
- In another medium saucepan, cook carrots in a cup of water over medium-high heat until tender crisp. Lower heat to a simmer and add chickpeas, bell pepper, olive oil and thyme. Cook 3 more minutes.
- Taste and season with kosher salt and freshly ground black pepper and garnish with chopped fresh parsley, if desired, and serve.

Note: Leftovers can be stored in an airtight container in the refrigerator for up to 5 days.

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