

## Warm Butternut Squash & Barley Salad with Walnuts & Yogurt

Servings: 2

Prep time: 15 minutes | Cook time: 25 minutes



### Ingredients

- 250 g butternut squash, peeled and cubed
- 1 tbsp olive oil
- 1 small red onion, sliced (about 60 g)
- 150 g cooked barley or genmai (brown rice)
- 1 tbsp chopped parsley or basil
- 25 g walnuts, roughly chopped
- 2 tbsp plain Greek yogurt (for dressing)
- 1 tsp lemon juice
- ½ tsp honey (optional)
- 1 tsp olive oil (for dressing)
- Salt and black pepper to taste

### Instructions

1. Preheat oven to **200°C**.
2. Toss **squash** cubes and sliced **onion** with **olive oil**, **salt**, and **pepper**. **Roast for 20–25 minutes**, stirring once, until golden and tender.
3. In a small bowl, whisk together **Greek yogurt**, **lemon juice**, **honey** (if using), and **olive oil** to form a light dressing. Adjust consistency with a splash of water if needed.
4. In a large bowl, combine warm roasted **squash** and **onion** with cooked **barley**.
5. Add chopped **walnuts** and **herbs**, then toss lightly with the dressing.
6. Serve warm or at room temperature, with a sprinkle of extra walnuts and herbs on top.

### Notes

- Substitute barley with cooked quinoa, farro, or genmai for variation.
- For added protein, mix in edamame or chickpeas.
- Keeps well for 2 days in the refrigerator; can be served cold as a grain salad.

### Nutrition (per serving)

Kcal: ~380 | Protein: ~13 g | Fat: ~15 g | Sat. Fat: ~2 g | Carbs: ~48 g | Sugars: ~8 g | Fiber: ~7 g | Sodium: ~210 mg | Omega-3: ~0.6 g