



PREPARATION: 15 MINUTES

COOKING: 30 MINUTES

4 SERVINGS

BARLEY BUDDHA BOWL

INGREDIENTS

**1 head broccoli florets (400mL),
cut 1"**

1 tablespoon olive oil

8 eggs, large

$\frac{2}{3}$ cup barley, uncooked

4 tablespoons carrots, grated

4 cups baby arugula

4 tablespoons olive oil

4 tablespoons lemon juice

Nutrient Analysis

PER SERVING:

$\frac{1}{4}$ of recipe

RENAL EXCHANGE:

2 Protein + 1 Starch + 2 Vegetable

Calories **428Kcal**

Protein **18g**

Carbohydrates **30g**

Fibre **7g**

Total Fat **28g**

Saturated Fat **6g**

Cholesterol **366mg**

Sodium **150mg**

Potassium **481mg**

Phosphorus **249mg**

PREPARATION

- 1** Preheat oven to 400°F. To prepare roasted broccoli, toss broccoli florets with olive oil. Place on a baking tray. Roast for 20 minutes. Set aside.
- 2** To prepare hardboiled eggs, in a saucepan cover eggs with cold water. Bring to a boil. Cover with lid. Remove from heat. Let eggs stand in water for 10–12 minutes. Rinse eggs under cold water. Remove each egg from shell and slice in half. Refrigerate.
- 3** Cook the barley according to instructions on the package. Drain and let stand to cool.
- 4** To assemble each Buddha bowl, layer the following ingredients:
 - $\frac{1}{4}$ of the cooked barley
 - 1 cup arugula
 - $\frac{1}{4}$ of the roasted broccoli
 - 2 hardboiled eggs, cut in half
 - 1 tablespoon grated carrots
- 5** Drizzle each salad with 1 tablespoon of olive oil and 1 tablespoon of lemon juice. Serve immediately.

Note: A Buddha bowl should consist of a grain, an assortment of raw or cooked vegetables, a protein and a dressing. It is an excellent way to use up leftovers.

If you prefer a vinaigrette with your Buddha bowl, mix olive oil, lemon juice, sumac* and honey to taste and add to the vegetables and eggs.

* Sumac spice in powder form, widely used in Middle Eastern cooking, gives a tangy lemony flavour and red colour to a dressing.