

ROAST BUTTERNUT SQUASH AND CAULIFLOWER WITH BLACK BARLEY

(from the Bewitching Kitchen)

(use enough veggies to cover a baking sheet in a single layer)

Butternut squash, cut in 1 inch pieces

Cauliflower florets sliced to have a flat side

3 tbsp olive oil

2 tbsp rose harissa

1 tbsp pomegranate molasses

1 tsp smoked paprika

1 tsp salt

lemon juice to taste

1 cup barley

Heat oven to 425F.

In a large bowl, mix together the olive oil, harissa, paprika, pomegranate molasses and salt. Add the veggies to the bowl and toss well to combine. Spread on a baking sheet, add a tablespoon or two of water, cover with foil and roast for 20 minutes. Remove the foil and roast for 10 to 15 minutes longer, until nicely golden brown.

Meanwhile cook the barley. Fill a large saucepan with lightly salted water, when it comes to a boil drop the barley and cook gently until soft. It should take between 30 and 40 minutes. I prefer to retain some texture. Drain it, coat lightly with olive oil and reserve.

Remove the veggies from the oven, add some lemon juice and serve over the cooked barley. Adjust seasoning if needed.