

Beet & Barley Risotto

with Swiss Chard & Goat Cheese

For this gorgeous, vibrant risotto, we're using tangy goat cheese to complement one of our favorite late-autumn vegetables: red beet. But chefs, this combination is more than just visually stunning. Goat cheese, which is mildly acidic, provides the perfect counterpoint for the sweet and earthy beet. When cooked with hearty barley, the beet turns the grains a vibrant red, and infuses them with flavor. Swiss chard—a close relative of the beet—and bright lemon deliciously complete the dish's flavor profile.



Ingredients

- ¾ Cup Pearled Barley
- 2 Scallions
- 2 Cloves Garlic
- 1 Red Beet
- 1 Lemon
- 1 Yellow Onion
- ½ Bunch Swiss Chard

Knick Knacks

- 3 Tablespoons Vegetable Demi-Glaze
- 2 Tablespoons Butter
- ½ Cup Crumbled Goat Cheese

Makes 2 Servings

About 600 Calories Per Serving

Prep Time: 15 min | Cook Time: 25 to 35 min

1



Prepare the ingredients:

Wash and dry the fresh produce. Peel and small dice the onion. Peel and mince the garlic. Cut off and discard the ends of the beet; peel and small dice. (To avoid staining, line your cutting board with paper towels before handling the beet.) Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Remove and discard the chard stems; roughly chop the leaves. Cut off and discard the root ends of the scallions; thinly slice the scallions on an angle, separating the white bottoms and green tops.

2



Start the risotto:

In a large pot, heat 2 teaspoons of olive oil on medium until hot. Add the **onion** and **garlic**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened and fragrant. Add the **barley**, **beet** and **lemon zest**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the barley is toasted and fragrant.

3



Add the liquids:

Add the **demi-glace** and **3 cups of water** to the pot; season with salt and pepper. Heat to boiling on high. Once boiling, reduce the heat to medium-low and simmer, stirring frequently, 16 to 18 minutes, or until the barley and beet are tender and most of the liquid has been absorbed. (If the mixture seems dry, add up to ¼ cup of water to achieve your desired consistency.)

4



Add the chard & butter:

Add the **chard** and **butter** to the pot; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined and the chard has wilted. Remove from heat and season with salt and pepper to taste.

5



Finish the risotto:

Off the heat, add the **white bottoms of the scallions**, **half the goat cheese** and the **juice of 2 lemon wedges** to the pot. Stir until thoroughly combined and season with salt and pepper to taste.

6



Serve your dish:

Divide the **finished risotto** between 2 dishes. Garnish with the **green tops of the scallions** and **remaining goat cheese**. Serve with the **remaining lemon wedges**. Enjoy!