

SPRINGTIME NUTRITION FOR PAIN RELIEF

Did you know that certain foods can help alleviate inflammation and promote healing? Our dietician has compiled a vibrant spring salad recipe to incorporate fresh foods and help meet your pain management goals.

See our Barley Veg Salad Recipe!

A PLANT POWERED RECIPE: BARLEY SALAD

Barley is a very economical wholegrain that provides around 15g fiber per 100g. Not only do you get a bang for your buck when it comes to fiber (hashtag guthealth), but they contain beta glucans which are linked to lowering cholesterol and reducing your risk for cardiovascular disease. Talk about a win win situation for your health.

This salad is a great way to try out this wholegrain. Use it as a side at your next braai, meal prep it for a busy week or simply enjoy it as a vegetarian main during the week. The zesty lemon and parsley give this salad a fresh twist – perfect for the warmer months to come.

Go to www.tessahille.com for more dietitian approved recipes



METHOD



1. Heat the stock in a saucepan. Add the barley and simmer for a total of 45 minutes. Add the brown lentils halfway through to the same pot and cook for 20 minutes. Drain and set aside.
2. Place a non-stick pan over medium heat. Sauté the baby marrow with the garlic until tender, using water splashes to prevent the garlic from burning. Cook for 5 - 6 minutes. Add the baby tomatoes and cook for another 5 minutes or until charred.
3. On a large serving plate, mix the baby marrows and tomatoes with the cooked barley and lentils, fresh parsley, extra virgin olive oil, lemon juice, and zest. Season to taste.
4. Optional: Top with crumbled feta cheese and seeds.

INGREDIENTS



- 4 cups (1L) vegetable stock
- 1 cup raw pearl barley
- ½ cup raw brown lentils
- 2 cloves of garlic, finely chopped
- 250 g baby marrows, sliced
- 1 punnet (250 g) baby tomatoes, halved
- 2 Tbsp (30 mL) fresh parsley, roughly chopped
- 1 Tbsp (15 mL) extra virgin olive oil
- 1 lemon, juice and zest
- Salt and black pepper
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Topping options:

- 1 block feta cheese, crumbled
- 2 Tbsp (30 mL) toasted mixed seeds