

Barley with Goat Cheese-Walnut Pesto

Serves 4 as a side

1 cup pearled barley
1/4 cup walnuts
2 cloves garlic
2 cups fresh basil
2 oz. goat cheese
extra virgin olive oil
1/4 cup sundried tomatoes, drained

Cook the barley according to the package directions, using water or broth for the liquid (I actually used 2 parts water to one part broth).

Meanwhile, make the pesto. Heat a small pan over medium heat and then add the walnuts. Toss around a few times, toasting the walnuts, until you can smell them. Add the toasted walnuts to a food processor along with the garlic and pulse to combine. Add the basil, followed by the goat cheese. Slowly stream in the olive oil until you get the consistency you want. I didn't make a loose pesto for this, because I wasn't really going for a sauce or a dressing. I probably added about 1.5T. Season to taste with salt and pepper.

Add the pesto and the sundried tomatoes to the cooked barley, stirring to combine and fully coat the barley.