

barley minestrone

pictured at right

Top this soup with a dollop of our homemade pesto, which you can make in a mini food processor. No mini processor? Store-bought refrigerated pesto makes an excellent stand-in—although it's not as light as our version.

Prep about 25 minutes

Cook about 50 minutes

Makes about 10½ cups or 6 main-dish servings

minestrone

- 1 cup pearl barley
- 1 tablespoon olive oil
- 2 cups thinly sliced green cabbage (about ¼ small head)
- 2 large carrots, each cut lengthwise in half, then crosswise into ½-inch-thick slices
- 2 large stalks celery, cut into ½-inch dice
- 1 medium onion, cut into ½-inch dice
- 1 garlic clove, finely chopped
- 3 cups water
- 2 cans (14½ ounces each) vegetable broth (3½ cups)
- 1 can (14½ ounces) diced tomatoes
- Salt
- 1 medium zucchini (about 6 ounces), cut into ½-inch dice
- ¼ pound green beans, cut into ½-inch pieces (about 1 cup)

light pesto

- 1 cup firmly packed fresh basil leaves
- 2 tablespoons olive oil
- 2 tablespoons water
- Salt
- ¼ cup freshly grated Romano cheese
- 1 garlic clove, finely chopped

1. Prepare Minestrone: Heat 5- to 6-quart Dutch oven over medium-high heat until hot. Add barley and



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cook 3 to 4 minutes or until toasted and fragrant, stirring constantly. Transfer barley to small bowl; set aside.

2. In same Dutch oven, heat oil over medium-high heat until hot. Add cabbage, carrots, celery, and onion; cook 8 to 10 minutes or until vegetables are tender and lightly browned, stirring occasionally. Add garlic and cook 30 seconds or until fragrant. Stir in barley, water, broth, tomatoes, and ¼ teaspoon salt. Cover and heat to boiling over high heat. Reduce heat to low and simmer, covered, 25 minutes.

3. Stir zucchini and beans into barley mixture; increase heat to medium and cook, covered, 10 to 15 minutes

longer or until all vegetables and barley are tender.

4. Meanwhile, prepare Light Pesto: In blender container with narrow base or in mini food processor, combine basil, oil, water, and ¼ teaspoon salt; cover and blend until mixture is pureed. Transfer pesto to small bowl; stir in Romano and garlic. Makes about ½ cup pesto.

5. Ladle minestrone into 6 large soup bowls. Top each serving with some pesto.

» Each serving soup without pesto: About 215 calories, 7 g protein, 42 g carbohydrate, 4 g total fat (0 g saturated), 9 g fiber, 0 mg cholesterol, 690 mg sodium.

» Each teaspoon pesto: About 15 calories, 0 g protein, 0 g carbohydrate, 1 g total fat (0 g saturated), 0 g fiber, 1 mg cholesterol, 35 mg sodium. ▶