

# Grain Bowl with Tahini Dressing



Yield: Serves 6



## Ingredients:

### Cooking the Grain

Pearl barley .....	$\frac{2}{3}$ cup	150 mL
Vegetable broth (low sodium) or water .....	2 cups	500 mL

### Roasting the Vegetables

Cooking Spray		
Butternut squash, frozen .....	1 bag	750 g
Red onion, sliced into wedges .....	1 medium	
Chickpeas (no-salt-added), drained and rinsed .....	1 can (19 oz)	540 mL
Cherry tomatoes .....	1 - 2 cups	250 - 500 mL
Olive oil .....	2 tbsp	30 mL
Salt .....	$\frac{1}{4}$ tsp	1.25 mL
Black pepper .....	$\frac{1}{4}$ tsp	1.25 mL
Kale, frozen .....	2 cups	500 mL

### Dressing


Olive oil .....	2 tbsp	30 mL
Tahini .....	$\frac{1}{4}$ cup	60 mL
Honey, liquid .....	1 tbsp	15 mL
Lemon, zest & juice .....	1 small	
Garlic, minced .....	1 clove	
Water .....	1 - 2 tbsps	15 - 30 mL
Salt .....	$\frac{1}{4}$ tsp	1.25 mL
Black pepper .....	$\frac{1}{4}$ tsp	1.25 mL

### Optional Toppings

Dill, fresh chopped .....	$\frac{1}{4}$ cup fresh	125 mL
Almonds, roasted and chopped .....	$\frac{1}{4}$ cup	125 mL

Wellness Kitchen  
[ahs.ca/shcwellnesskitchen](https://ahs.ca/shcwellnesskitchen)  
April 29, 2026

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## Instructions:

1. Over medium high heat, in a medium pot, bring broth or water to a boil.
2. Add pearl barley.
3. Reduce heat to medium-low. Cover and cook until tender about 25-30 minutes.
4. Remove from heat and drain excess liquid. Set aside to cool.
5. Heat the oven to 425 °F (220 °C).
6. Line a baking sheet with foil or parchment paper and spray generously with cooking spray.
7. In a large bowl, toss butternut squash, onion, chickpeas and cherry tomatoes with 2 tablespoons oil, ¼ teaspoon of salt, and ¼ teaspoon of pepper.
8. Transfer vegetables to lined baking sheet, and roast for 15 minutes.
9. Remove from oven, toss and spray generously with cooking spray. Return to oven for another 5 minutes or until golden on edges.
10. Remove from oven, flip and add kale. Roast for another 10 minutes.
11. Remove from oven and set aside.
12. In a small bowl, whisk 2 tablespoons of oil, tahini, honey, lemon zest and juice, garlic, and ¼ teaspoon of salt and ¼ teaspoon of pepper. Add water to for a thinner consistency.
13. In a large bowl, combine all ingredients including the dressing. Drizzle with the tahini sauce and sprinkle with fresh dill and roasted almonds.

## Culinary Notes:

- This versatile grain bowl works well with a variety of veggies like diced peppers and zucchini.
- For a flavour variation, try herbs like parsley, mint, basil or cilantro.
- To boost the protein and add omega 3's to this bowl, top with grilled or canned salmon, canned smoked herring or another type of fish.
- This recipe can be made with fresh butternut squash. Choose a squash that is approximately 2.5 to 3 pounds. Peel, deseed, and dice the squash into ½ inch cubes. Toss the squash with 2 tablespoons oil, ¼ teaspoon of salt, and ¼ teaspoon of pepper. Bake for 20 minutes. Add onion, chickpeas, and cherry tomatoes and toss to coat. Bake another 20 minutes, tossing occasionally, until squash is soft and golden on edges. Add kale and finish the recipe based on the instructions starting at step 10.