

Vegetable-Barley Potpies

Filled with a hearty mix of mushrooms, barley, and white beans, these potpies are just as satisfying as more traditional chicken versions. Phyllo dough offers a quicker – and delectably flaky- alternative to a pate brisee top. Makes 4

2 T extra virgin olive oil, plus more for brushing
1 onion, finely diced
2 carrots, thinly sliced
4 ounces shitake mushrooms, stemmed and thinly sliced
¼ cup dry white wine
1 ½ cups cooked pearl barley
2 cups cooked white beans drained and rinsed
2 T all purpose flour
4 cups vegetable stock, preferably homemade
2 T chopped fresh flat leaf parsley, plus more for garnish
6 sheets frozen phyllo dough, preferably whole wheat, thawed
Sea salt, for sprinkling

1 – Heat olive oil in a large skillet over medium. Saute onion, carrots, and mushrooms until tender, stirring frequently, 6 to 8 minutes. Add wine; cook, stirring up browned bits, until almost all the wine has evaporated.

2 – Combine barley and beans in a large pot. Whisk flour into stock and add to pot. Bring to a boil and cook, stirring, until slightly thickened. Remove from heat. Stir in parsley and let cool slightly.

3 – Preheat oven to 425 F. Using a 12-ounce ramekin as a guide, cut out 4 rounds from phyllo; keep covered with a damp paper towel. Spoon barley mixture into 4 ramekins. Brush each cut sheet with oil and place on top of filled ramekin. Cut vents into tops. Sprinkle with sea salt and reserved parsley.

4 – Transfer to a rimmed baking sheet and bake until tops are golden and filling is bubbling, about 30 minutes. Let cool slightly before serving.

▼ Per serving: 492 calories, 11.9 g fat (1.93 g saturated fat), 0 mg cholesterol, 78.25 g carbohydrates, 17.22 g protein, 13.62 g fiber