ORANGE-GLAZED CARROTS WITH BARLEY & SPINACH

INGREDIENTS
1 cup pearled barley
1 ½ lbs carrots, cut into 1-inch segments
1 tbsp honey
2 tbsp olive oil (divided)
½ cup freshly squeezed juice + 1 tsp zest of one orange
10 ramps trimmed and sliced
6 oz spinach
2 tbsp minced parsley leaves
½ cup toasted slivered almonds
Salt and pepper to taste

1. Add barley to a medium saucepan. Cover with 6 cups of water & boil. Reduce to a simmer until tender, about 30 minutes. Remove from heat and set aside.
2. While barley cooks, place carrots in a large saucepan or skillet. Add 1/2 teaspoon salt, honey, 1 tbsp oil, orange juice & zest. Add water to cover by 1/2-inch. Bring to a boil, reduce to simmer and cook until carrots are tender, about 20 minutes. Remove from heat.
3. Drain barley. Heat remaining tablespoon oil in a large skillet over medium-high heat. Add ramps and cook, stirring constantly until fragrant, about 1 1/2 minutes. Add spinach & 2 tbsp water. Cook until spinach is wilted. Add barley and toss to combine.
4. To serve, transfer barley to a large plate. Add parsley and toss to combine. Pour carrots and sauce over barley. Sprinkle with toasted almonds and drizzle with extra-virgin olive oil. Serve immediately.