

Healthy Recipes for Your Heart

Roasted Farro with Mushrooms - Chef William Belickis of Mistral Kitchen

Makes 4 servings

1 tablespoon olive oil
 1/3 cup minced shallots (2 medium)
 1/3 cup diced celery (1 rib)
 1 cup farro
 3 cups low sodium vegetable broth
 1/2 cup carrot juice
 1/2 cup chopped parsley
 1 teaspoon chopped fresh thyme (1/4 teaspoon dried can be substituted)
 1/4 cup fresh lemon juice
 1/8 teaspoon salt and pepper
 1 tablespoon olive oil
 2 tablespoons minced shallots (1 medium)
 8 Porcini mushrooms, halved (4 Portobello mushrooms, cut into 1/2 inch dice can be substituted)
 1 bunch kale, stems removed, cut into one-inch wide ribbons
 1/3 cup low sodium vegetable broth
 2 teaspoons fresh lemon juice
 1/8 teaspoon salt and pepper



For the farro, preheat oven to 400 degrees F. In a large oven-proof skillet, heat olive oil over medium high heat; add 1/3 cup shallots and celery and sauté until softened, about 2 minutes. Add farro and stir well. Transfer pan to preheated oven and bake 3-4 minutes. Return pan to stove and add 3 cups vegetable broth; bring to simmer and cook until farro grains open and are softened, about 45 minutes. Stir in carrot juice, parsley and thyme. Add 1/4 cup lemon juice and season with salt and pepper.

For the mushrooms and kale, in a separate sauté pan, heat olive oil over medium high heat; add 2 tablespoons shallots and mushrooms and sauté until softened, about 2-3 minutes; add kale and 1/3 cup vegetable broth and cook until kale is wilted but somewhat firm, about 5 minutes. Stir in 2 teaspoons lemon juice and season with salt and pepper.

To serve, divide cooked farro onto four serving plates; top with sauteed mushrooms and kale.

Nutrition Facts:	Amount Per Serving
Calories	238
Total Fat	8.2 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.77 g
Monounsaturated Fat	5.42 g
Cholesterol	0.0 mg
Sodium	313.63 mg
Carbohydrates	34.04 g
Dietary Fiber	5.3 g
Total Sugars	3.5 g
Protein	7.2 g