

## Farro Mushroom Risotto

*Farro is a grain made from wheat; it has 5 grams fiber and 6 gram protein per ¼ cup! It can serve as a complex carbohydrate side dish. This recipe mixes farro with mushroom, peas, broth, seasonings, herbs, and parmesan cheese for a creamy “risotto” type dish. Have alongside a lean protein of choice for a complete meal!*

### Ingredients:

2 tbsp	Extra-virgin olive oil
½ cup	Chopped green onions
8 oz	Mushrooms, cleaned, trimmed and sliced
1 cup	Frozen peas
1 tbsp	Minced garlic
1 cup	Pearled farro
1 tbsp	Smoked paprika
1 ½ tbsp	Curry powder
2 tbsp	Italian seasoning
1 tbsp	Onion powder
2 sprigs	Fresh thyme, leaves only (or ½ tsp dried thyme)
To taste	Ground black pepper
2 ½ cup	Vegetable broth, no salt added (can use beef or chicken broth too)
½ cup	Grated Parmesan cheese

### Directions:

1. In a large, deep skillet with a lid heat extra virgin olive oil over medium-high heat. Once heated, add green onion, mushrooms, peas, and garlic. Stir then sauté for 4-5 minutes.
2. Add farro, paprika, curry, Italian seasoning, onion powder, thyme, and pepper. Keeping the heat at medium-high, cook and stir regularly for 5-6 minutes.
3. Add broth into the pot. Stir until ingredients are combined. Bring to a boil. Then, cover and simmer until broth is absorbed and farro is soft. If the broth has been absorbed by the farro but the farro is not yet soft, add a little more water and continue to simmer covered until the additional water is absorbed and freekeh is slightly soft. This will take about 30-35 minutes.
4. Once farro is close to being soft, uncover the skillet. Continue to cook, allowing the water to evaporate out. Stir frequently to keep farro from sticking. Once water is evaporated out, mix in parmesan. Cook until cheese is melted
5. Serve warm!

Servings: 8 servings  
 Serving size: 1/8<sup>th</sup> whole recipe (91 g)

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<b>Nutrition Facts</b>		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
<b>Calories</b>	178.1 kcal	9 %
<b>Total Fat</b>	5.9 g	9 %
Saturated Fat	1.6 g	8 %
Trans Fat	0.1 g	
<b>Cholesterol</b>	5.4 mg	2 %
<b>Sodium</b>	54.5 mg	2 %
<b>Total Carbohydrate</b>	26.7 g	9 %
Dietary Fiber	5 g	20 %
Sugars	2.7 g	
<b>Protein</b>	7.5 g	15 %
Vitamin A	19 %	Vitamin C 8 %
Calcium	9 %	Iron 11 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a> </>		