Farro Mushroom Risotto

Farro is a grain made from wheat; it has 5 grams fiber and 6 gram protein per ½ 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: 1/8th whole recipe (91 g)

**Nutrition Facts**

- Calories: 178.1 kcal (9 % Daily Value)
- Total Fat: 5.9 g (9 %)
- Saturated Fat: 1.6 g (8 %)
- Trans Fat: 0.1 g
- Cholesterol: 5.4 mg (2 %)
- Sodium: 54.5 mg (2 %)
- Total Carbohydrate: 25.7 g (9 %)
- Dietary Fiber: 5 g (20 %)
- Sugars: 2.7 g
- Protein: 7.9 g (15 %)
- Vitamin A: 15 %  
- 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.

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