

# Farro with Spring Onions



*Farro is a hearty grain with a chewy texture and slightly nutty flavor that works well in side dishes and salads. It's high in both fiber and protein making it a great addition to your menu.*

<b>YIELD</b> <b>6 SERVINGS</b>	<b>PREP TIME</b> <b>10 MIN</b>	<b>TOTAL TIME</b> <b>40 MIN</b>
-----------------------------------	-----------------------------------	------------------------------------

## INGREDIENTS

1 ½ cups	Farro
1 Tbsp	Apple Cider Vinegar
1 Tbsp	Olive Oil
6 each	Spring Onions, chopped, with green tops reserved separately
2 cloves	Garlic, fresh, minced
1 each	Lemon, zested and juiced
2 Tbsp	Parsley, chopped
½ tsp	Kosher Salt
⅛ tsp	Black Pepper

## CHEF'S NOTES

If spring onions aren't available, you can substitute with green onions or any other variety of onion.

This versatile dish can stand alone as a side, or you can add a few ingredients to transform it into a meal. Try adding a variety of greens, sugar snap peas, and asparagus to turn this side dish into a tasty spring salad. Add some roasted root vegetables, chickpeas and apples and you have a hearty autumn dish.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Bring large pot of water to a boil over high heat. While water is coming to a boil, rinse the farro in a fine mesh strainer or colander. Once the water is boiling add vinegar and farro. Cook for 25-30 minutes or until al dente. Drain farro in colander.
3. While the farro is cooking, add olive oil to a small sauté pan over medium heat. Add chopped onion and sauté until soft and beginning to turn translucent, stirring often for about 3-4 minutes. Add garlic and cook for an additional 2-3 minutes, stirring constantly so that the garlic does not stick to the pan.
4. Transfer cooked onion and garlic mixture to a large mixing bowl. Add lemon zest, lemon juice, parsley, salt, black pepper, and chopped onion tops. Stir to combine.
5. Add farro to onion and lemon mixture. Stir well to incorporate all ingredients. Serve this dish warm or chilled.

# Nutrition Facts

6 servings per container

**Serving size** 1/2 cup (83g)

**Amount Per Serving**

**Calories** 220

**% Daily Value\***

**Total Fat** 3.5g 4%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 160mg 7%

**Total Carbohydrate** 40g 15%

Dietary Fiber 5g 18%

Total Sugars <1g

Includes 0g Added Sugars 0%

**Protein** 6g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 2.3mg 15%

Potassium 270mg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: WHEAT



[goldringcenter.tulane.edu](http://goldringcenter.tulane.edu)



@culinarymedicine



Goldring Center for Culinary Medicine

