

Farro Pilaf

Use this method to create a tasty side dish featuring nutty, chewy whole-grain farro. Farro is an ancient wheat grain that is high in fiber and protein, making it a great addition to any meal.

YIELD 5 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 35 MIN
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INGREDIENTS

2 tsp	Olive Oil
2 each	Shallot, minced
¼ cup	Orzo Pasta
¾ cup	Farro
1½ cup	Water
¼ tsp	Kosher Salt
¼ cup	Parsley, fresh, chopped
½ each	Lemon, juiced

CHEF'S NOTES

The pilaf cooking method can be used on any grain and starts by sautéing aromatic ingredients (onion, shallot, garlic, etc.) before lightly toasting the grain. Liquid is added and then the grain is steamed until tender. It's still quick and easy, but provides added flavor.

This pilaf recipe includes orzo pasta which is a rice-like shape often used in soups. You can also use any long noodle like spaghetti or angel hair and break it up into small pieces.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Heat a small saucepan over medium-high heat then add the oil once hot. Add the shallots and cook until lightly golden brown and translucent, about 3 – 5 minutes.
3. Add the orzo pasta and stir to coat. Toast for about 2 minutes, until golden brown.
4. Add the farro, water, and salt. Bring to a boil then lower the heat, cover and simmer until the farro is tender (it will still be a little chewy, but should not be tough) and all liquid has been absorbed, about 18 - 20 minutes.
5. Remove from the heat and fluff with a fork. Allow the pilaf to sit, uncovered for a few minutes to cool slightly.
6. Add the chopped parsley and lemon juice, stirring to combine before serving.

Nutrition Facts

5 servings per container

Serving size 1/2 cup (0.0g)

Amount Per Serving

Calories 160

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 100mg 4%

Total Carbohydrate 29g 11%

Dietary Fiber 3g 11%

Total Sugars <1g

Includes 0g Added Sugars 0%

Protein 5g 10%

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 2mg 10%

Potassium 180mg 4%

* 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.

