

Winter Vegetables with Farro

This recipe, from meatlessmonday.com, is delicious as a meatless main dish or a healthy potluck side dish. It is high in fiber and a good source of potassium.

Ingredients

- 1 cup semi-pearled farro (find it in the grain section of your grocery)
- 16 broccolini stems
- 12 very small carrots, sliced in half (or 4 regular carrots, sliced 1/3 inch thick)
- 1 tablespoon olive oil, plus a little extra for drizzling
- Salt and pepper, to taste
- 1 onion, chopped
- 2 cloves of garlic, minced
- 1 bunch of kale, stems trimmed off and chopped
- 1/3 cup red wine
- 1/2 cup walnuts, toasted and chopped

1. Preheat the oven to 450 degrees. Prepare a baking sheet with parchment paper.
2. Place the farro along with 2 cups of water in a medium saucepan. Partially cover and bring to a strong simmer over medium heat. Cook partially covered for about 20 minutes or until farro is cooked al dente.
3. Place carrots and broccolini stems evenly on the prepared baking sheet. Drizzle with a little olive oil and season with salt and pepper to taste. Roast vegetables in the oven for about 15 minutes, or until vegetables are beginning to brown.
4. While vegetables are roasting and the farro is cooking, place the oil in a large skillet over medium heat. Add the onion and garlic to the pan and cook for 8-10 minutes, or until onion and garlic begin to brown. Add the chopped kale and ½ cup of water to the skillet, cover and cook for 5 minutes, or until kale is wilted. Remove the lid and add the red wine. Cook uncovered for 3-5 minutes, or until most, but not all, of the wine has evaporated.
5. Combine the cooked farro with the wilted kale, garlic, and onion. Stir in the toasted walnuts and season with salt and pepper to taste. Top with roasted vegetables.

Makes 4 servings with 266 calories, 14 g fat, 75 mg sodium, 31 g carbohydrates, 7 g fiber, and 8 g protein.