

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Farro with Dried Fruit and Nuts

Makes about 8 (1/2) cup servings

Farro is a type of whole wheat and one of the oldest cultivated grains. It is a great source of protein, and fiber, and can be used in a variety of ways. Serve cooked farro as a side dish with chicken or fish, add to your favorite wrap sandwich, or sprinkle in a garden salad.

Ingredients:

2 tablespoons canola oil, divided
1 1/2 cups farro
1/2 cup onion
1 tablespoon minced garlic
6 ounces mixed greens (such as spinach, arugula, or kale)
1 cup chopped dried fruit (such as dates, raisins, apricots, dried cherries)
1/4 cup chopped mixed fresh herbs (such as mint, basil, cilantro, or parsley)
1/4 cup toasted chopped nuts* (such as almonds, walnuts, or pistachios)
1/4 teaspoon salt
Pinch ground pepper

Directions:

1. Heat 1 tablespoon oil in a medium sauce pot over medium heat. Add farro and "toast" the grain until slightly browned. Add 3 cups water and bring to a boil. Reduce heat and simmer 25 minutes, until tender. Rinse under cold water and set aside.
2. Heat a large sauté pan with 1 tablespoon oil. Add onion, garlic and cook for 2-3 minutes until softened. Add mixed greens and heat until wilted. Add cooked farro, dried fruit, herbs, nuts, salt and pepper. Heat through and toss to combine.

***Recipe Note:** To toast nuts, heat a small pan over medium heat, add nuts and cook until slightly browned, mixing often.

Nutritional Information per serving:

Calories: 265	Cholesterol: 6mg
Total Fat: 5g	Carbohydrates: 40mg
Saturated Fat: 1g	Dietary Fiber: 7g
Protein: 5g	Sodium: 189mg