

Roasted Carrots With Farro and Chickpeas

Yield: 4 servings

Ingredients

1 cup farro, rinsed
 1¼ teaspoons olive oil
 1 teaspoon fresh lemon juice
 2 cloves garlic, minced
 ½ teaspoon salt
 15 ounces chickpeas, canned,
 drained and rinsed
 1 pound carrots, peeled
 ¾ teaspoon ground cumin
 Ground black pepper, to taste
 1 tablespoon fresh parsley, chopped
 Basil Lemon Drizzle
Pepitas:
 ¼ teaspoon extra virgin olive oil
 3 tablespoons pepitas
 Pinch ground cumin
 Pinch chili powder

Instructions

1. In a medium saucepan, combine farro with enough water to cover by a couple of inches (at least 3 cups of water). Bring the water to a boil, and then reduce the heat to a gentle simmer. Cook, stirring occasionally, until the farro is tender but still pleasantly chewy (pearled farro will take around 15 minutes; unprocessed farro will take 25 to 40 minutes). Drain off the excess water and return the farro to the pot. Add 1 teaspoon olive oil, the lemon juice, garlic and ½ teaspoon salt. Mix well, then add the chickpeas and stir to combine. Set aside, covered, until you're ready to assemble.
2. To roast the carrots: Preheat the oven to 425 degrees. Line a large, rimmed baking sheet with parchment paper and add the carrots. Drizzle them with 1 tablespoon olive oil and sprinkle with cumin, salt and pepper. Use your fingers to make sure the carrots are lightly and evenly coated in oil and spices. Roast for 20 to 35 minutes, until the carrots are easily pierced by a fork near the top of their stems. Roasting time will depend entirely on the size of your carrots.
3. To toast the pepitas: In a small skillet over medium heat, warm ¼ teaspoon olive oil until shimmering. Add the pepitas and generous pinches of cumin and chili powder. Cook, stirring frequently, until the pepitas are turning golden on the edges and starting to make little popping noises. Remove from heat to cool.
4. To assemble the dish, pour the farro and chickpea mixture onto a large serving platter. Arrange the carrots in a single layer over the mixture. Pour Basil Lemon Drizzle (see separate recipe) generously over the carrots, and then sprinkle them with pepitas and 1 tablespoon chopped fresh parsley. Serve immediately or let the dish cool to room temperature.

Nutrition Information

Serving Size: 1 cup

Calories: 405
 Total Fat: 9.4 g
 Saturated Fat: 1.3 g
 Monounsaturated Fat: 4 g
 Sodium: 134.1 mg
 Total Carbohydrate: 63.6 g
 Dietary Fiber: 10.7 g
 Sugars: 5.9 g
 Protein: 15.8 g

Source: Love Real Food, Kathryn Taylor



SPECTRUM HEALTH

Presented by
Culinary Medicine

