



Baked Farro Risotto with Mushrooms and Kale

Yield: 4 servings

Ingredients

- 5 tablespoons extra virgin olive oil, divided
- ½ cup chopped onion
- 1½ cups farro
- ½ cup white wine
- 4 cups vegetable stock
- 8 ounces mushrooms
- ½ teaspoon dried thyme
- 2 cups chopped kale, loosely packed
- ¼ cup nutritional yeast
- 1 teaspoon fresh lemon juice
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper

Instructions

1. Heat oven to 400 degrees.
2. Heat 2 tablespoons olive oil in a large saucepan over medium high heat. Add onion and saute until soft, about 5 minutes. Add farro and white wine and cook for 2 minutes, until absorbed. Add vegetable stock and bring to a boil.
3. Cover the pot and transfer to the oven. Bake for 20 minutes.
4. Heat 1 tablespoon of olive oil in a skillet over medium heat. Add mushrooms and saute until the mushrooms have reduced in size by half. Add thyme. Cook until mushrooms are golden brown in color.
5. Remove pot from oven and add kale. Stir to combine and return to the oven to bake for 10 more minutes.
6. Remove pot from oven and stir in the mushrooms, nutritional yeast, remaining olive oil, lemon juice, salt, and pepper.

Nutrition Information

Serving Size: 1 serving
Calories: 483
Total Fat: 17.3 g
Saturated Fat: 2.4 g
Monounsaturated Fat: 12.3 g
Polyunsaturated Fat: 2 g
Sodium: 198.9 mg
Total Carbohydrate: 63.3 g
Dietary Fiber: 8.7 g
Sugars: 5.3 g
Protein: 16.9 g

Source: Adapted from Homemaker's Habitat.
Rebecca Andexler

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