



Baked Farro Risotto with Mushrooms and Kale

Yield: 4 servings

Ingredients

- ½ cup chopped onion
- 1 ½ cups farro
- ½ cup white wine
- 1 teaspoon minced garlic
- 4 cups vegetable broth, low or no salt added
- 8 ounces sliced 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 a large oven safe pot over medium high heat. Add onion and saute until soft, adding small amounts of water to prevent sticking. Add farro, white wine, and garlic. Cook for about 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 a large nonstick skillet over medium heat. Add mushrooms and thyme, saute until caramelized. Stirring frequently and adding small amounts of water to prevent sticking.
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 mushrooms, nutritional yeast, lemon juice, salt and pepper.

Nutrition Information

Serving Size: ¼ of recipe
Calories: 353
Total Fat: 0.4 g
Saturated Fat: 0 g
Monounsaturated Fat: 0 g
Polyunsaturated Fat: 0 g
Sodium: 438 mg
Total Carbohydrate: 63 g
Dietary Fiber: 8.5 g
Sugars: 5 g
Protein: 16.6 g

Source: Adapted from Homemaker's Habitat.
Rebecca Alexander

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