

Sundried Tomato and Spinach Farro

Ingredients:

2 1/2 cups farro
 32 oz. chicken broth
 4 tablespoons olive oil, divided
 3 garlic cloves, minced
 1/2 medium yellow onion, chopped
 1/4 cup sundried tomatoes, chopped

6 cups baby spinach, chopped
 1 can cannellini or great northern beans
 1/2 cup fresh basil leaves, chopped
 1 teaspoon dried thyme
 Dash of red pepper flakes (optional)
 Salt and pepper to taste

Directions:

1. Place farro and chicken broth in a pot and bring to a boil. Place a lid on the pot, reduce heat to low, and simmer for 20 – 30 minutes, or until farro is soft, but chewy. Drain any excess liquid.
2. While farro is simmering, chop the garlic, onion, sundried tomatoes, and spinach; set aside.
3. Place two tablespoons olive oil in a large pan and heat until shimmering. Add garlic and onion, and sauté until onion is translucent. Add farro, the last two tablespoons of olive oil, and sundried tomatoes to pan, and stir to combine.
4. Reduce heat, stir in spinach and beans, and heat until the spinach has wilted and reduced in volume, and beans are heated through.
5. Remove pan from heat. Stir in basil, thyme, red pepper flakes, and salt and pepper.
6. Serve hot and enjoy!

Nutrition Facts			
Serving Size (252g)			
Servings Per Container			
Amount Per Serving			
Calories 300	Calories from Fat 80		
% Daily Value*			
Total Fat 9g			14%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 510mg			21%
Total Carbohydrate 51g			17%
Dietary Fiber 9g			36%
Sugars 2g			
Protein 11g			
Vitamin A 15%		Vitamin C 8%	
Calcium 4%		Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

For more information, please contact:

Benteh Nuutah

Valley Native Primary Care Center

Wellness Center

(907) 631-7630

southcentralfoundation.com

Source: Healthy Kitchens, Healthy Lives; Joyce Goldstein

