Roasted Pepper Farro

Ingredients:

- 1/4 cup pine nuts
- 2 or 3 roasted bell peppers (roasted, skin and seeds removed, cut into strips)
- 2 cups cooked farro
- 1 head of roasted garlic

- 1 cup shredded fresh basil
- 1/4 cup olive oil
- 3 tablespoons balsamic vinegar

Source: How to Cook Everything Vegetarian (2007)

· Salt and pepper to taste

Directions

- 1. Toast pine nuts in a small, dry skillet until lightly browned. Set aside.
- 2. Toss together pepper strips, farro, garlic, and half the basil.
- 3. In a separate bowl, whisk together the olive oil and vinegar.
- 4. Add salt and pepper to taste. Mix the dressing into the farro mixture.
- 5. Garnish with pine nuts and remaining basil and serve.

Nutrition Facts

Serving Size (227g) Servings Per Container 4

Amount Per Serving

Calories 350 Calories from Fat 190

	% Daily Value*
Total Fat 21g	32%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 35g	12%
Dietary Fiber 6g	24%
Sugars 8g	

Protein 8g

Vitamin A 70%	 Vitamin C 200%
Calcium 6%	• 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 Carbohydra	ate	300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

