

# Creamy Farro with White Beans and Kale

## Ingredients:

- 1 cup dry farro
- 3 cups vegetable or chicken stock
- 1 bay leaf
- 1 15-ounce can white beans, rinsed and drained
- 2 ounces Gruyère or swiss cheese, shredded (about 1/2 cup)
- 3 tablespoons grated parmesan cheese
- 4 teaspoons extra-virgin olive oil
- 8 ounces baby bella mushrooms, diced into 1/2-inch pieces
- 1 medium shallot, thinly sliced (about 1/4 cup)
- 3 garlic cloves, minced
- 1 small bunch kale, leaves chopped (about 4 cups chopped)
- 1/2 teaspoon salt
- 1/2 teaspoon freshly-ground black pepper
- 2 tablespoons flat-leaf parsley, finely chopped

## Directions

1. In a medium saucepan, set to medium-high heat, bring the farro, stock, and bay leaf to a boil.
2. Reduce the heat to medium-low and simmer until the grains are tender but still chewy, about 30 minutes.
3. Stir the beans into the hot grains.
4. Add the Swiss and parmesan cheeses and stir until melted.
5. Cover to keep warm.
6. Meanwhile, in a 12-inch nonstick skillet, heat 2 teaspoons of oil over medium-high heat until very hot.
7. Add the mushrooms and cook until browned on one side; 3-4 minutes. Then stir and cook until browned and tender on the other side;h 3-4 minutes more.
8. Transfer mushrooms to a warm plate.
9. Add the remaining 2 teaspoons of oil to the skillet along with the shallots and garlic and cook, stirring occasionally, until the garlic is fragrant, 30 seconds.
10. Add the kale and cook, stirring frequently until wilted, 3 minutes. Season with the salt and pepper.
11. Stir the kale, mushrooms, and parsley into the farro and beans and serve immediately; garnished with extra cheese if desired.

## Nutrition Facts

Serving Size (293g)  
Servings Per Container 6

Amount Per Serving

**Calories 270**      **Calories from Fat 70**

% Daily Value\*

**Total Fat 8g**      **12%**

Saturated Fat 3g      **15%**

Trans Fat 0g

**Cholesterol 15mg**      **5%**

**Sodium 70mg**      **3%**

**Total Carbohydrate 38g**      **13%**

Dietary Fiber 10g      **40%**

Sugars 2g

**Protein 14g**

Vitamin A 25%      • Vitamin C 25%

Calcium 20%      • 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

