



Nutty farro gets a flavor blast from tangy pickled beets and nutty pesto in this hearty dish.

Fried Farro with Spinach, Pickled Beets and Pesto

Yield: 6 servings

INGREDIENTS	MEASUREMENTS	NUTRITION FACTS (per 1/6 recipe)
Olive oil	2 tbsp	Calories 290 Fat 9g Saturated Fat 1g Cholesterol 0mg Sodium 520mg Carbohydrate 44g Fiber 5g Sugars 7g Protein 9g
Onion, chopped	1	
Garlic cloves, chopped	3	
Farro	1 1/2 cups	
Salt	3/4 tsp	
Baby spinach	2 cups	DIETARY STATEMENTS
SupHerb Farms Fusions® Kale Pesto	1/3 cup	High source of fiber
Store-bought pickled beets, drained and sliced	1 cup	
Fresh basil, chopped	2 tbsp	

PREPARATION

1. Heat olive oil in large saucepan set over medium heat; cook onion for 3 to 4 minutes or until softened. Add garlic; cook for 1 minute.
2. Stir in farro and salt; cook for 8 to 10 minutes or until dark brown. Add 6 cups water and bring to boil; cook over medium heat for 25 to 30 minutes or until tender. Drain well.
3. Stir in spinach, SupHerb Farms Fusions® Basil Pesto with Walnuts and beets.

TO SERVE

Spoon into serving bowls and sprinkle with basil.