

# Brussels Sprouts with Farro

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 2 cups

Ingredients	Quantity	Measure
Salt, divided	1	Tbsp.
Farro, uncooked	4	cups
Canola Oil, divided	½	cup
Shallots, thinly sliced whole	2	cups
Onion, Yellow or White, small diced	2	cups
Brussels Sprouts, trimmed, halved	8	cups
Kale, stemmed and chopped	12	cups
Edamame, shelled	4	cups
Lemon Juice	2	Tbsp.
Black Pepper		to taste

## Preparation

1. Preheat oven to 400 degrees. In a large pot filled with water, place 2 teaspoons of salt in it and bring to a boil. Add the farro and cook until tender then drain. Reserve the farro.
2. Pan fry the shallots in ¼ cup of oil until crisp. Using a slotted spoon, remove shallots from the pan and drain on a paper towel lined pan. Reserve for garnish.
2. In a large bowl, place the brussels sprouts and 2 tablespoons of oil together. Toss to coat all the brussels sprouts. Place in a single layer on a sheet pan (or two if needed) with cut side down. Place in the oven and roast until cut side is caramelized, about 12-15 minutes. Flip the brussels sprouts and continue to cook until just tender, but not mush.
4. While the brussels sprouts are cooking, heat a large skillet over medium high heat. Add the onions and cook until translucent. Add the cooked farro and continue to cook. Add the kale and wilt and the edamame to heat through.
4. Place the mixture into a hotel pan. Add the brussels sprouts and toss everything together. Season with salt, black pepper, and lemon juice. Garnish with fried shallots.

# Brussels Sprouts with Farro Continued

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## Serving Information/Notes

If desired, use seasoned All-Purpose Flour, Wondra Flour, or Cornstarch to coat the shallots first before frying for a crunchier exterior.

## Nutrition Information \*From USDA Nutrient Database

Calories: 397 Total Fat: 11.5g Saturated Fat: 1g Monounsaturated Fat: 6g Polyunsaturated Fat: 3.2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 66.3g Fiber: 9g Total Sugars: 36g Protein: 7.1g Sodium: 648mg Vitamin A: 560µg Vitamin C: 151mg Calcium: 143mg Iron: 3mg Folate: 73µg

