



Roasted Veggie Farro Bowl

Prep time: **15** MINUTES

Cook time: **40** MINUTES

Servings: **4**



Nutrition Facts

4 servings per container
Serving size **1/4 recipe (703g)**

Amount per serving
Calories 620

% Daily Value*

Total Fat 17g	22%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 550mg	24%
Total Carbohydrate 106g	39%
Dietary Fiber 13g	46%
Total Sugars 24g	
Includes 3g Added Sugars	6%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 279mg	20%
Iron 3mg	15%
Potassium 321mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Scan code for a video of how to make this recipe!



Ingredients:

- 1 ½ cups farro
- 2 medium yellow onions
- 2 teaspoons chili powder
- ¼ cup sweetened dried cranberries
- ½ cup shredded Parmesan cheese
- 6 cups unsalted vegetable broth
- 4 medium sweet potatoes
- 2 medium lemons
- 4 ounces arugula
- 1 ounce sunflower seeds
- 2 tablespoons olive oil
- 1 tablespoon salted butter
- ¼ teaspoon salt
- 1 teaspoon ground black pepper
- 2 teaspoons honey

Recipe adapted from HelloFresh

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Instructions:



1. Cook farro

Preheat oven to 425°F. Boil farro in the vegetable broth in a medium pot over medium heat for 25 to 30 minutes, or until farro is tender. There should be no liquid left.



2. Marinate cranberries

Combine the juice of 1 lemon, honey, and dried cranberries in a small bowl. Mix and let sit for at least 15 minutes, stirring occasionally.



3. Prep and roast vegetables

Scrub the sweet potatoes and rinse the other fresh produce under running water. Halve and slice the onion into ½ inch wedges. Chop sweet potatoes into ½-inch pieces. Cut lemons into quarters. Add sweet potatoes, onions, olive oil, chili powder, ground black pepper, and salt to a baking sheet lined with foil or parchment paper and mix. Bake for 20 to 25 minutes, or until browned and tender.



4. Make dressing

Pour the liquid from the cranberries and lemon juice mixture into a small bowl and add 2 tablespoons olive oil, 1 teaspoon ground black pepper, and ¼ teaspoon salt. Mix together.



5. Make farro mixture

Add 2 tablespoons butter, half the roasted vegetables, and half the dressing to the pot with cooked farro and mix.

6. Make salad mixture

In a medium bowl, add arugula, cranberries, the remaining roasted vegetables, and dressing and mix. Plate the farro mixture with the salad mixture and top with Parmesan cheese and sunflower seeds. Serve with a lemon wedge on the side.

Did you know ?

- » Sweet potatoes come in many colors such as white, yellow, red, purple, and brown!
- » Dried cranberries are packed with flavor and are a good source of fiber.

Try these tips!

- » Add variety by roasting other vegetables such as zucchinis with the sweet potatoes.
- » Use a veggie brush to scrub the sweet potatoes.