



Simple | Healthy | Delicious

Farro with Pistachios and Herbs

INGREDIENTS

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|----------------------------------------------|
| 2 cups farro |
| 4 cups water |
| 1 teaspoons kosher salt, divided |
| 2 TBS extra-virgin olive oil |
| 1 large yellow onion, chopped |
| 2 cloves garlic, minced |
| 4 ounces salted shelled pistachios |
| 1/2 teaspoons freshly ground pepper, divided |
| 1/2 cups chopped fresh parsley |



DIRECTIONS:

1. Cook farro as directed on package. Add 3 cups of water for every cup of farro. Bring to boil reduce and simmer for 15 minutes or until farro reaches desired tenderness.
2. Heat 2 tablespoons oil in a medium skillet over medium heat. Add onion and garlic and cook, stirring, until translucent, 4 to 6 minutes. Remove from the heat.
3. Combine pistachios, the remaining 1/2 teaspoon oil and 1/4 teaspoon pepper in a large bowl; toss to combine.
4. Add the cooked farro to the bowl along with the onion mixture and parsley. Season with the remaining 1/4 teaspoon salt and pepper. Toss to combine.
5. Farro is a high-fiber whole grain that is an ancestor of modern wheat. Toast pistachios in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 4 to 6 minutes.