

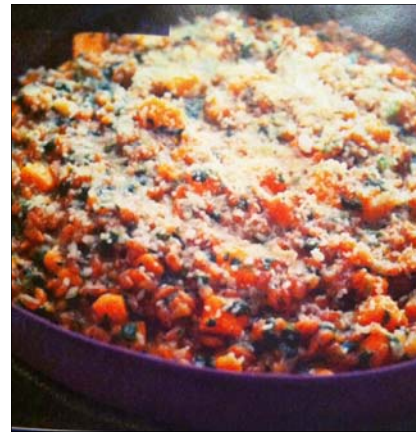


## Farro Risotto

Farro, or emmer, is one of the oldest grains on earth and was a staple food item in the Roman Empire. It was originally cultivated in the Middle East, but it is now commonly grown in the mountainous regions of Ethiopia and Italy. High in protein, fiber and iron, the grain's nutty flavor is complemented by a mildly kale-basil pesto and sharp parmesan cheese.

### Ingredients:

- 5oz Kale (I used curly green or red)
- 2 cloves garlic
- 1 onion
- 1 sweet potato
- 1 cup farro
- 1 cup vegetable broth
- 1/4 cup grated parmesan cheese
- 1 tbs butter



### Directions:

1. Prepare the ingredients: Heat a medium pot of salted water to boiling on high. Wash and dry the fresh produce. Peel and mince the garlic. Chop the kale into large pieces. Peel and dice the onion and sweet potato.
2. Balance the kale: Once the pot of water is boiling, add the kale. Cook only for a few seconds, then drain and rinse under cold water to stop the cooking process. Using your hands, squeeze out as much water as possible from the leaves.
3. Start the risotto: In the pot used for the kale, heat a layer of olive oil on medium until hot. Add the onion and garlic; cook 4 to 5 minutes, or until the onion start to soften, stirring occasionally. Add the farro, sweet potato, and a little more olive oil and cook 1 to 2 minutes longer to taste the farro, stirring occasionally.
4. Add the liquids: Add the vegetable broth and 1 cup of water; season with salt and pepper; Cook 12 to 14 minutes, or until most of the liquid is absorbed, stirring frequently. Then, add an additional 1 cup of water and season with salt and pepper. Cook 12 to 14 minutes longer, or until the liquid is absorbed, stirring. Add 1 more cup of water and cook 5 to 8 minutes longer, or until the farro is tender and chewy.
5. Make the pesto: While the risotto cooks, make the kale pesto. Very finely chop the blanched kale and transfer to a small bowl. Stir in half the parmesan cheese and 1 to 2 tbs olive oil to create a smooth consistency; season with salt and pepper to taste.
6. Finish the risotto & plate your dish: Once all the liquid is absorbed and the farro is tender and chewy, remove it from the heat. Stir in the kale pesto and the butter until combined. Sprinkle remaining parmesan cheese. Enjoy!