



The Micheff Sisters

Wholesome Grains (2/3/16)

Farro Risotto

Ingredients:

- 4 c. Butternut Squash, peeled,
& cut into medium sized cubes
- 2 c. Farro
- 6 c. water
- 4 tsp. VegeSal
- 2 tsp. McKay's Chicken Style Seasoning and Broth
- 1 medium onion – finely diced
- 1 Tbs. Extra Virgin Olive Oil
- 1 c. finely diced celery
- 1 c. finely diced carrots
- 1 ½ c. small Broccoli Florets
- 1 ½ c. small Cauliflower Florets
- 1 ½ c. Snap Peas – cut into 3rds
- 1 c. Fava Beans – can use baby Lima beans
- ¼ c. or - Juice of 1 medium lemon
- ½ c. sparkling apple cider



Directions:

Spray a large baking sheet with a non-stick cooking spray. Spread the butternut squash cubes on it and spray them with the non-stick cooking spray. Lightly sprinkle with salt and place in a 425-degree oven for 30 minutes or until tender firm and lightly browned. Turn pieces over and bake another 10 minutes. Remove from oven and set aside.

In a large cooking pot put the farro, 6 cups water, VegeSal and McKay's Chicken style seasoning. Cook according to package directions and until it gets a creamy risotto consistency, and set aside.

Fill a large stockpot ½ full of water and bring to a boil. Add the broccoli, cauliflower and snap peas. Boil for 4 minutes, only until crunchy tender. Drain and set aside.

In a medium skillet put the 1 T olive oil, onion, celery and carrots. Sauté until onion is clear and vegetables are tender. Mix the lemon juice and sparkling apple cider together and then pour over vegetables. Continue to cook another 4-5 min. or until the liquid cooks down just a little. Remove from heat and stir in the cooked Farro. Gently stir to mix with the sautéed vegetables. Add the other vegetables and gently fold them in.

Serve warm.

Yields: 15 – 1 cup servings | *Cinda S. Sanner*