

Farro and Broccoli Pilaf



Preparation Time: 20 minutes

Cook Time: 50 minutes

Servings: 6 to 8

Ingredients:

1 cup farro*
4 cups water
2 Tablespoons butter
1 leek, white and light green parts only, sliced
2 cloves garlic, thinly sliced
1/2 teaspoon dried thyme
4 cups small broccoli florets
1/2 cup chicken or vegetable broth, divided
1 red bell pepper, seeded and diced
1 yellow bell pepper, seeded and diced
Salt and pepper, to taste

Description:

Add the farro and water to a large Dutch oven or saucepot. Bring to a boil; reduce the heat to simmer. Cook, covered, for about 50 minutes, or until the farro is tender. Drain the farro; set aside.

Melt the butter in the cleaned Dutch oven and cook the leeks, garlic, and thyme over moderately low heat, stirring, until the leeks are softened, about five minutes. Add the broccoli and 1/4 cup broth and cook, stirring, for one minute. Add the farro, peppers, and remaining broth and simmer, covered, for another 3 minutes or until the broccoli is cooked, but still bright green. Season to taste with salt and pepper. Serve immediately.

*Quick cooking farro may be substituted. Follow cooking directions on package.

Sara's Tip: Farro is a quality carbohydrate that is high in fiber so it breaks down more slowly, keeping energy levels stable. It also provides minerals like magnesium, necessary to keep electrolytes in balance, neuromuscular coordination and metabolic processes that support energy delivery. A magnesium deficiency may cause muscle cramps and impair performance.