



FARRO WITH ROASTED VEGETABLES

Makes 4 -6 luncheon servings.

8 side dish servings.

This versatile dish is good in any season. The combination of roasted vegetables and farro – a grain with a nutty, chewy flavor and packed with vitamins, minerals and antioxidants - makes this dish colorful and nutritious. It's great for lunch served with grated mozzarella or as a side dish to meat, poultry, or fish. It would also make a nice addition to a buffet.

INGREDIENTS

- $\frac{3}{4}$ cup pearled farro
- 1 tablespoon margarine
- $\frac{3}{4}$ cup vegetable broth
- $\frac{1}{2}$ teaspoon kosher salt
- 1 small zucchini
- 1 small yellow squash
- 1 red bell pepper
- 1 Italian eggplant
- 1 sweet onion
- 3 garlic cloves
- 5 thyme sprigs, plus some leaves for garnish
- $\frac{1}{4}$ cup extra virgin olive oil
- Kosher salt
- Freshly ground black pepper
- 1 tablespoon balsamic vinegar, approximately

PREPARATION

1. Place the farro, margarine, vegetable stock and salt in a small saucepan with a cover. Bring to a boil, reduce the heat and simmer covered for 20 minutes or until the farro is tender and the liquid is absorbed.
2. Preheat oven to 450F.
3. Rinse the zucchini and squash. Pat dry and trim the ends. Cut into 1 inch cubes.
4. Rinse the bell pepper, pat dry, cut in half lengthwise, core and seed. Cut into 1 inch cubes.
5. Peel the eggplant, trim the end, and cut into 1 inch cubes.
6. Peel the onion and cut into 1-inch cubes.
7. Peel the garlic and cut into small pieces.
8. Place all ingredients into a bowl. Combine with olive oil, thyme and season with salt and pepper.
9. Transfer all the vegetables into a 12x18 Pyrex dish or an attractive dish that can go from oven to table, preferably in one layer.
10. Roast for about 20 minutes, turning the vegetables from time to time. They should be crisp to the bite.
11. As soon as the vegetables come out of the oven, sprinkle with balsamic vinegar. Discard the thyme sprigs, combine with the farro and season to taste.
12. Garnish with thyme leaves.