



## Farro with Asparagus, Hazelnuts and Kale Topped with Roasted Mushrooms

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



6

CALORIES



392 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 bundle asparagus and on an angle trimmed sliced thin
- 6 servings pepper black freshly ground
- 0.3 cup cooking sherry dry
- 0.3 cup evoo for serving
- 1.3 cups farro
- 2 tablespoons thyme leaves fresh chopped
- 3 cloves garlic finely chopped

- 0.5 cup hazelnuts chopped
- 1 small bundle flat tuscan kale stemmed finely chopped (also called Lacinato or dinosaur)
- 6 servings juice of lemon for serving
- 1.5 pounds mushrooms mixed (such as shiitake, crimini and hen of the woods)
- 6 servings nutmeg freshly grated
- 6 servings salt
- 2 shallots chopped
- 6 servings sherry vinegar

## Equipment

- frying pan
- oven
- pot
- microwave

## Directions

- Watch how to make this recipe.
- Preheat the oven to 450 degrees F.
- Bring a pot of water to a boil, salt the water and cook the farro to tender, 20 minutes or so.
- Meanwhile, toss the mushrooms with about 1/4 cup EVOO or just enough to lightly coat, and then season with the thyme. Roast to deeply fragrant and brown. Season with salt and pepper.
- While the mushrooms are in the oven, heat about 2 tablespoons EVOO, 2 turns of the pan, in a skillet over medium-high heat.
- Add the garlic, shallots and asparagus and cook to tender crisp, 2 to 3 minutes.
- Add the kale and wilt, season with salt and pepper and nutmeg to taste. Deglaze with the sherry.
- Toast the nuts in a small skillet until browned and fragrant.
- Drain the faro and combine with the vegetables. Cool and store for a make-ahead meal. The farro can be served room temp or reheated in a microwave or skillet. Store the toasted nuts

in an airtight container at room temp. Reheat the mushrooms in a skillet to warm through.

Serve the farro and vegetables sprinkled with the nuts, a little lemon juice and top with roasted mushrooms.

Alternatively, the farro can be served as a cold salad and the mushrooms can be roasted off the night you want to serve it. If the cold farro is too dry, dress with sherry vinegar or lemon juice, and more EVOO.

## Nutrition Facts

**PROTEIN 8.85%** **FAT 44.63%** **CARBS 46.52%**

### Properties

Glycemic Index:55.5, Glycemic Load:2.73, Inflammation Score:-10, Nutrition Score:20.983043463334%

### Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

### Nutrients (% of daily need)

Calories: 391.8kcal (19.59%), Fat: 19.97g (30.72%), Saturated Fat: 2.75g (17.17%), Carbohydrates: 46.85g (15.62%), Net Carbohydrates: 35.3g (12.84%), Sugar: 5.28g (5.86%), Cholesterol: 0mg (0%), Sodium: 212.03mg (9.22%), Alcohol: 1.37g (100%), Alcohol %: 0.76% (100%), Protein: 8.91g (17.81%), Manganese: 1.63mg (81.3%), Fiber: 11.55g (46.19%), Vitamin B3: 6.67mg (33.34%), Selenium: 22.87µg (32.67%), Vitamin B6: 0.57mg (28.73%), Copper: 0.56mg (28.21%), Phosphorus: 268.67mg (26.87%), Vitamin E: 3.31mg (22.04%), Magnesium: 85mg (21.25%), Vitamin B5: 1.99mg (19.89%), Vitamin B2: 0.33mg (19.7%), Potassium: 624.58mg (17.85%), Vitamin K: 18.13µg (17.27%), Zinc: 2.48mg (16.56%), Vitamin C: 13.25mg (16.06%), Iron: 2.81mg (15.59%), Vitamin B1: 0.19mg (12.48%), Folate: 46.75µg (11.69%), Vitamin A: 329.29IU (6.59%), Calcium: 53.06mg (5.31%), Vitamin D: 0.45µg (3.02%)