

Farro Risotto

with Spinach-Basil Pesto & Sweet Potato

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 sweet spinach-basil pesto and sharp Parmesan cheese.



Ingredients

- 3 Ounces Baby Spinach
- 2 Cloves Garlic
- 1 Bunch Basil
- 1 Onion
- 1 Sweet Potato
- 1 Cup Farro
- 1 Cup Vegetable Broth
- ¼ Cup Grated Parmesan Cheese
- 1 Tablespoon Butter

Makes 2 Servings
About 600 Calories Per Serving

Instructions



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. Pick the basil leaves off the stems. Peel and small dice the onion and sweet potato.



Blanch the basil & spinach:

Once the pot of water is boiling, add the **basil** and **spinach**. 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.



Start the risotto:

In the pot used for the basil and spinach, heat a layer of olive oil on medium until hot. Add the **onion** and **garlic**; cook 4 to 5 minutes, or until the onion starts to soften, stirring occasionally. Add the **farro**, **sweet potato**, and **a little more olive oil** and cook 1 to 2 minutes longer to toast the farro, stirring occasionally.



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, stirring.



Make the pesto:

While the risotto cooks, make the spinach-basil pesto. Very finely chop the **blanched basil** and **spinach** together and transfer to a small bowl. Stir in **half the Parmesan cheese** and **1 to 2 tablespoons of olive oil** to create a smooth consistency; season with salt and pepper to taste. (If you have a blender or food processor, combine the ingredients and blend.)



Finish the risotto & plate your dish:

Once all the liquid is absorbed and the farro in the risotto is tender and chewy, remove it from the heat. Stir in the **spinach-basil pesto** and the **butter** until combined. Divide the risotto between 2 bowls or plates. Garnish with the **remaining Parmesan cheese**. Enjoy!