

Farro Risotto with Cannellini Beans, Arugula, Sun Dried Tomatoes

Serving Size: 2 cups

Makes 8 servings

Ingredients:

2 tbsp	canola oil
½ cup	fennel, finely diced
½ cup	onions, diced
1 lb.	farro grain, dry
½ cup	dry white wine
3 ½ cup	vegetable broth, low sodium
1 tbsp	minced garlic, fresh
1 tbsp	canola oil
12 oz	arugula
¼ cup	sun-dried tomato halves
2 lb.	cannellini beans, cooked
3 cups	vegetable broth, low sodium
½ cup	basil, fresh, chiffonade cut
½ cup	parmesan cheese, grated

Preparation:

1. Heat canola oil in saucepan. Add fennel and onion. Sauté until tender, about 8 minutes.
2. Add dry farro and stir to coat with the oil. Deglaze with white wine. Add vegetable stock, cover and simmer on low heat for 25 to 30 minutes or until farro is tender.
3. Sauté garlic in canola oil, add farro risotto, arugula, sundried tomatoes and cannellini beans*; warm for 2 minutes.
4. In a separate pot, bring vegetable broth to a simmer, hold hot.
5. Add vegetable stock, ½ cup at a time, to farro risotto mixture. Stir frequently until all broth is absorbed. Keep adding broth, in ½ cup increments, until all broth is used and farro risotto has a creamy texture.
6. Garnish with basil and parmesan.

*RD NOTE: cook dry beans or look for “low sodium” or “no salt added” canned beans

NUTRITION FACTS PER SERVING

calories	520
total fat (g)	11
saturated fat (g)	3
trans fat (g)	0
sodium (mg)	550
total carbohydrate (g)	79
dietary fiber (g)	13
sugar (g)	6
protein (g)	26



RD APPROVED



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