



# Sunflower Seed Muhammara

Portion Size: 2 tbsp

Yield: 30 servings

Bread, crumbled	1-1/4 oz (1 slice)	Cumin, ground	1/2 tsp
Red Bell Peppers	13 oz	Aleppo Pepper, ground	2 tsp
Sunflower Seeds, roasted, unsalted	2-1/2 oz	Garlic Cloves, minced	1-1/2 tsp
Extra Virgin Olive Oil	1/4 cup	Kosher Salt	1/4 tsp
Pomegranate Molasses	2 tsp	Lemon Juice, fresh	2 TBSP

1. Toast crumbled bread in a 350°F degree oven until lightly browned.
2. Char red bell peppers over an open flame until blackened. Remove from heat and cover in a metal bowl with plastic wrap to allow to steam. Scrape blackened skin, and seeds from pepper. Discard skin and seeds.
3. Combine all ingredients in food processor and puree until smooth (hummus consistency).

**Note:** Muhammara, from the city of Aleppo in Syria, is a tangy Mediterranean dip made from ground walnuts, breadcrumbs, pomegranate molasses, and Aleppo peppers. **Tip:** Spread flavor-packed muhammara on top of grilled chicken or fish.

Nutrition Info (per serving): Cal: 75, Total Fat: 6g, Sat Fat: 0.7g, Sodium: 60mg, Carbs: 4.5g, Protein: 1g, Sugar: 1.5g, Fiber: 1g

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# Farro Tabbouleh

Portion Size: 1/2 cup

Yield: 16 servings

Water	1-1/2 gallon	Lemon Juice, fresh	5-1/2 TBSP
Farro, dry	1 pound	Kosher Salt	1-1/2 tsp
Cucumbers, peeled, seeded, diced	9 oz	Cayenne Pepper, ground	pinch
Tomatoes, peeled, diced	1-1/2 pound	Canola Oil	5-1/2 TBSP
Parsley, fresh, chopped	1/2 cup	Mint, fresh, chopped	1 oz

1. In a large pot, bring water to a simmer; add farro and cook until tender, approximately 30 - 40 minutes. Drain in a colander and rinse with cold water to chill.
2. Combine farro with cucumbers, tomatoes, parsley, lemon juice, salt, cayenne, oil and mint. Mix well. Chill to 40°F and serve.

**Note:** Farro, commonly used in soups in Tuscany, Italy, is a name for some varieties of ancient wheat. It's deliciously chewy and nutty – no wonder it's stuck around for thousands of years. **Tip:** Add cooked farro to salads to make them more substantial.

Nutrition Info (per serving): Cal: 140, Total Fat: 5g, Sat Fat: 0g, Sodium: 195mg, Carbs: 21g, Protein: 4.5g, Sugar: 1.5g, Fiber: 2.5g

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# Farro Arugula Salad

Portion Size: 1/2 cup

Yield: 18 servings

Pan Spray	as needed	Kosher Salt	1 tsp
Carrots, chopped	9 oz	Black Pepper	1/2 tsp
Kosher Salt	pinch	Garlic, minced	1/2 tsp
Black Pepper	pinch	Parsley, fresh, chopped	1 TBSP
Water	3-1/4 cup	Basil, fresh, chopped	1 TBSP
Vegetable Base, low sodium	3 TBSP	Arugula	4 oz
Farro, dry	1 pound	Roasted Red Bell Peppers, canned, rinsed	4 oz
White Balsamic Vinegar	6 TBSP	Grape Tomatoes, halved	10 oz
Canola Oil	6 TBSP		

1. Spray a sheet pan with pan spray. Spread carrots on the pan in a single layer, spray lightly and season with a pinch of salt and pepper. Roast in 350°F oven until caramelized. Chill.
2. Blend together water and vegetable base. Bring to a boil. Remove and reserve 1/4 cup of broth for the vinaigrette.
3. Add farro to remaining broth and stir. Cover tightly, return to boil, reduce heat and simmer. Cook for 25-30 minutes, until tender and most grains are slightly split. Drain excess liquid if necessary. Farro may be cooled down by rinsing in cold water. Chill.
4. Make vinaigrette: blend together vinegar, reserved vegetable broth, oil, salt, pepper, garlic, parsley, basil
5. Toss farro, carrots, vinaigrette, arugula, peppers, and grape tomatoes. Serve.

**Note:** Farro, commonly used in soups in Tuscany, Italy, is a name for some varieties of ancient wheat. It's deliciously chewy and nutty – no wonder it's stuck around for thousands of years. **Tip:** Add cooked farro to salads to make them more substantial.

Nutrition Info (per serving): Cal: 140, Total Fat: 5g, Sat Fat: 0.4g, Sodium: 220mg, Carbs: 21g, Protein: 4g, Sugar: 2g, Fiber: 2g

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# Warm Spicy Garlic Farro FIT

Portion Size: 1/2 cup

Yield: 11 servings

Farro, dry	2 cups	Rice Wine Vinegar, unseasoned	2 tbsp
Extra Virgin Olive Oil	1/4 cup	Basil, fresh, chopped	2 tbsp
Garlic, minced	2 tbsp	Kosher Salt	3/8 tsp
Red Pepper Chili Flakes	pinch	Black Pepper	1/2 tsp

1. Cook farro in boiling water until tender, about 15-18 minutes. Drain and reserve.
2. Sauté minced garlic in olive oil over medium-low heat, stirring constantly and being careful not to burn the garlic. Once it is fragrant and golden (about 3 minutes) add chili flakes and cook until oil is infused, about another 2 minutes. Remove from heat.
3. In a large bowl, toss warm farro, garlic-oil mixture, rice wine vinegar, basil, salt and pepper.

**Note:** Farro, commonly used in soups in Tuscany, Italy, is a name for some varieties of ancient wheat. It's deliciously chewy and nutty – no wonder it's stuck around for thousands of years. **Tip:** Add cooked farro to salads to make them more substantial.

Nutrition Info (per serving): Cal: 160, Total Fat: 5g, Sat Fat: <1g, Sodium: 85mg, Carbs: 24g, Protein: 5g, Sugar: 0g, Fiber: 2g

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