

BROCCOLI, FARRO RISOTTO, PARMESAN FIT

Serving size: ½ cup

Makes 12 servings

- ½ cup Dry White Wine
- 9 ½ cups Water
- 2 tsp Low Sodium Vegetable Base
- 1 ¼ lbs Broccoli
- 3 TBSP Canola Oil
- ½ cup Yellow Onions, finely chopped
- 3 TBSP Garlic Cloves, minced
- 1 ¼ cup Farro, dry
- 1/8 tsp Ground Black Pepper
- 3 TBSP Grated Parmesan Cheese

Preparation:

1. In a pot, combine white wine, water and vegetable base. Bring to a simmer. Hold hot while preparing risotto.
2. Roughly chop broccoli stems and florets. Place broccoli in a food processor and pulse until it is in pieces the size of rice.
3. In a shallow pan, sauté onions and garlic until softened. Add farro, stir to coat with oil and toast until fragrant, about 1 minute.
4. Add ½ cup broth/wine mixture at a time to farro using a ladle, allowing each bit of liquid to be absorbed before adding more. Continue until almost all liquid has been absorbed.
5. Stir in broccoli “rice” and cook for 30 seconds. *Do not overcook as broccoli cooks quickly. *
6. Remove risotto from heat and stir in black pepper and parmesan.



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NUTRITION FACTS PER SERVING

calories	130
total fat (g)	4
saturated fat (g)	1
trans fat (g)	0
sodium (mg)	100
total carbohydrate (g)	18
dietary fiber (g)	3
sugar (g)	2
protein (g)	5