

Herbed Farro

From American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/herbed-farro/>

Ingredients

- 1/2 cup farro
- 1 cup fat free, reduced-sodium chicken broth (or sub vegetable broth or water)
- 1 clove garlic, chopped
- 1 tsp. fresh rosemary, chopped
- 1 tsp. fresh thyme leaves, chopped

Instructions

1. Bring broth, garlic and herbs to a boil.
2. Add farro, cover, and reduce heat to simmer.
3. Cook until water is absorbed, about 40 min.

Makes about 2 servings, half a cup each

Nutrition information per serving

Calories: 210	Dietary Fiber: 0 g
Total Fat: 1.5 g	Sodium: 410 mg
Saturated Fat: 0 g	Protein: 7 g
Cholesterol: 0 mg	Carbohydrates: 39 g