

Farro with Pistachios and Parsley

From the Whole Grains Council

<http://www.wholegrainscouncil.org/recipes/salads-sides/farro-with-pistachios-herbs>

Ingredients

- 2 cups farro
- 4 cups water
- 1 tsp. kosher salt, divided
- 2 Tbs. plus ½ tsp. extra-virgin olive oil, divided
- 1 large yellow onion, chopped
- 2 cloves garlic, minced
- 4 oz. salted shelled pistachios (about 1 cup), toasted and chopped (see tip, below)
- ½ tsp. freshly ground pepper, divided
- ½ cup fresh parsley, chopped

Instructions

1. Combine farro, water, and ¾ tsp. salt in large heavy saucepan and bring to boil. Stir and reduce heat to simmer; cook, uncovered, until farro is tender (15-20 minutes).
2. Meanwhile, heat 2 Tbs. oil in medium skillet over medium heat. Add onion and garlic, and cook, stirring, until translucent (4-6 minutes). Remove from heat.
3. Combine pistachios, the remaining ½ tsp. oil, and ¼ tsp. pepper in a large bowl.
4. Drain farro and add to the bowl, along with onion mixture and parsley. Season with remaining ¼ tsp. salt and pepper. Toss to combine.

Tip: Toast pistachios in small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned (4-6 minutes). Can be prepared in advance, and reheated over low heat until warm.

Makes 10 servings (about 2/3 cup each)

Nutrition information per serving:

Calories	220
Carbohydrate	30 g
Dietary Fiber	5 g
Protein	8 g
Total Fat	9 g
Sodium	163 mg

