

July 23, 2018



FARRO STUFFING, Serves 6 to 8

Choose organic ingredients when available:

- 2 ½ cups of RTE Cuisine (recipe-ready) farro (spelt), divided
- ½ cup vegetable broth (or water)
- 1 tablespoon cold-pressed extra-virgin olive oil
- 1 onion, finely chopped
- 2 stalks celery, finely chopped
- ½ cup (about 3 to 5) cremini mushrooms, chopped
- 1 apple, cored and finely chopped
- 2 tablespoons fresh lemon juice (from half a lemon)
- ½ cup dried cranberries
- 1 tablespoon honey or agave syrup
- ½ cup walnuts
- ½ cup roasted (recipe-ready) chestnuts, chopped
- 2 tablespoons fresh parsley, chopped
- Salt to taste
- Freshly ground black pepper to taste

Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Sprinkle lemon juice over chopped apples and set aside.
3. Place walnuts in a plastic bag and hit with a mallet or roll with a rolling pin. Set aside in a small ramekin.

4. In a food processor or blender, combine ½ cup farro with ½ cup vegetable broth (or water). Process for about one minute, until the texture is like a porridge. Set aside.
5. In a large sauté pan, on medium to high, heat the oil, then add the 2 cups of farro. Roast in the pan for 2 to 3 minutes.
6. To the pan, add onions, celery and mushrooms and cook for 3 minutes. Add apple, cranberries and honey (or agave). Cook for 3 to 4 minutes. Add chopped walnuts, chestnuts, parsley and the farro “meal”. Mix thoroughly.
7. Season with salt and pepper as needed.
8. Spoon the mixture into an 8-inch x 8-inch x 2-inch (2-quart) casserole baking dish.
9. Bake for about 30 minutes or until the top is browned.

Notes:

1. For vegans, use agave syrup.
2. If you prefer a sweeter tasting stuffing, add 2 extra teaspoons of honey or syrup