



Simple recipes so we can eat well & support local agriculture

Warm Farro, Kale, & Brussels Sprout Salad

YOU'LL NEED

- 2 C brussels sprouts - shredded
- 2 C chopped kale - remove stems & chop
- 1/3 C walnuts - chopped
- 2/3 C cooked Farro
- 1/4 C red onion - chopped
- 2 tbs fresh basil - chopped
- Fresh parmesan cheese - shaved
- 2 tbs olive oil - divided
- 2 tbs balsamic glaze or vinegar
- Dash of each garlic powder, onion powder, paprika
- Salt & pepper to taste

ALL YOU HAVE TO DO

- Cook your Farro according to package directions, drain, set aside.
- Heat olive oil in a skillet & add shredded brussels sprouts, red onion, & seasonings. Sauté for 2-3 minutes.
- After 2-3 minutes add chopped kale & sauté for an additional 2-3 minutes or until soft.
- Serve your warmed veggies over the cooked Farro & top with chopped walnuts, fresh basil, additional olive oil, balsamic glaze, fresh parmesan cheese, & salt & pepper to taste. Serve & enjoy!

Recipe Tips

- **Add Protein** - cooked salmon, chicken, tofu, or preferred meat substitute.
- **Balsamic Glaze VS Balsamic Vinegar** - Using balsamic glaze gives a sweet taste. If you choose to use balsamic vinegar you may want to add honey or maple syrup to balance out the tang & acidity.
- **Additional toppings** - sliced apples, pomegranate, lemon or orange zest, dried cherries or cranberries, candied pecans.



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