

Farro with Pistachios and Herbs

simple
healthy
delicious

Ingredients

- 2 cups Nature's Earthly Choice™ Farro
- 4 cups water
- 1 teaspoons kosher salt, divided
- 2 TBS extra-virgin olive oil
- 1 large yellow onion, chopped
- 2 cloves garlic, minced
- 4 ounces salted shelled pistachios
- ½ teaspoon freshly ground pepper, divided
- ½ cup chopped fresh parsley

Directions

1. Cook Farro as directed on package. Add 3 cups of water for every cup of Farro. Bring to boil reduce and simmer for 15 minutes or until Farro reaches desired tenderness.
2. Heat 2 tablespoons oil in a medium skillet over medium heat. Add onion and garlic and cook, stirring, until translucent, 4 to 6 minutes. Remove from the heat.
3. Combine pistachios, the remaining ½ teaspoon oil and ¼ teaspoon pepper in a large bowl; toss to combine.
4. Add the cooked Farro to the bowl along with the onion mixture and parsley. Season with the remaining ¼ teaspoon salt and pepper. Toss to combine.
5. Farro is a high-fiber whole grain that is an ancestor of modern wheat. Toast pistachios in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 4 to 6 minutes.

