Farro With Miso Mushrooms, Kale, and Walnuts

Source: Lauren Kretzer

Studies show that mushrooms may help protect against mild cognitive decline! Try Chef Lauren Kretzer’s Farro With Miso Mushrooms, Kale, and Walnuts for a delicious, brain-boosting recipe.

About the Recipe

287 Calories · 13 g Protein · 9 g Fiber
Dinner

Ingredients

Makes 4 Servings

- 2 1/2 cups vegetable stock (divided)
- 1/2 tsp. salt
- 1 bay leaf
- 1 cup uncooked pearled farro
- 5 cups sliced cremini mushrooms
- 6 cups chopped kale
- 3 cloves garlic, minced
- 1 tbsp. tamari
- 1 tsp. white miso
- 1 tbsp. nutritional yeast
- 1 tbsp. fresh lemon juice
- 1/3 cup chopped toasted walnuts
- 1/8 tsp. ground black pepper

Directions

1. In a medium pot, add 2 cups vegetable stock, salt, bay leaf, and farro. Bring to a boil, and then immediately reduce heat to low and simmer, covered, for 20-25 minutes, or until farro is tender and liquid is absorbed. Remove from heat and fluff with a fork.
2. While farro is cooking, in a large saucepan, heat 1/4 cup of vegetable stock over medium-high heat. Add mushrooms and cook, stirring occasionally, for 5 minutes, or until tender. Add kale, garlic, tamari, miso, nutritional yeast, and remaining 1/4 cup of vegetable stock. Stir to combine. Reduce heat to medium and cook an additional 3-4 minutes, or until kale is wilted and tender.
3. Add cooked farro to mushroom and kale mixture. Add in lemon juice, toasted walnuts, and black pepper; stir until combined. Serve hot or at room temperature.

Nutrition Facts

Per Serving

Calories: 287
Fat: 7 g
    Saturated Fat: 0.8 g
    Calories From Fat: 22%
Cholesterol: 0 mg
Protein: 13 g
Carbohydrate: 48 g
Sugar: 3 g
Fiber: 9 g
Sodium: 1,030 mg
Calcium: 78 mg
Iron: 3 mg
Vitamin C: 14 mg
Beta Carotene: 2,435 mcg
Vitamin E: 0.8 mg