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