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

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

1. In a medium pot, add 2 cups vegetable stock, salt, bay leaf, and farro. Bring to a boil, 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: 1030 mg
Calcium: 78 mg
Iron: 3 mg
Vitamin C: 14 mg
Beta Carotene: 2435 mcg
Vitamin E: 0.8 mg