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