

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