



## Country Fresh Farro Primavera

3 cups water  
1 teaspoon salt or as needed  
3/4 cup farro, rinsed  
3 or 4 fresh orange (6 inch) carrots, peeled  
3 or 4 fresh white (6 inch) carrots, peeled  
2 Tablespoons olive oil  
1 cup chopped onion  
1 clove garlic, minced  
1 cup grape tomatoes, halved  
2 to 3 Tablespoons prepared basil pesto  
2 Tablespoons fresh oregano, chopped  
Ground black pepper to taste  
Red Pepper flakes to taste  
1/4 cup light cream  
1/4 cup shredded Parmesan cheese  
1/3 cup pitted kalamata olives, halved, optional  
1/2 cup chiffonade fresh basil leaves  
Garnish: Additional shredded Parmesan cheese as desired  
Basil Sprig as desired

In a large saucepan over medium high heat, bring water to a boil and add salt. Stir in rinsed farro and carrot chunks; heat to boiling; reduce heat to medium/low; cook until farro is tender but still chewy and carrots are tender, about 20 minutes.

Remove the large carrots to cutting board to cool. Dice carrots when cooled. Drain water from farro into large bowl; set drained farro, water, and carrots aside.

Place olive oil in large hot skillet, add onion; sauté until golden brown; add minced garlic; cook about 30 seconds. Add tomatoes; cook 1 minute. Add farro, carrots, and 1/2 cup reserved water. Stir in basil pesto and oregano. Season to taste with black pepper and red pepper flakes. Stir in additional reserved water if needed. Cook until hot.

Stir in light cream and shredded Parmesan cheese. Before serving, toss in black olives and fresh chiffonade basil leaves. Garnish skillet or serving dish with additional shredded Parmesan cheese and a basil sprig. Serves: 4

**Cook's Note:** We like the farro dish to have a creamy texture, so we usually add liquid as needed. It seems to drink it up as it stands. Substitute your favorite vegetables if desired. Serve with some grilled Italian sausages.

**About the Recipe:** The nutty flavored farro is the star with its chewy texture and creamy sauce. Fresh shredded Parmesan cheese adds that perfect Italian flavor to the colorful vegetables and healthy grain. Serve it as a vegetarian supper or accompany it with some juicy grilled Italian sausages.