



Farro Pilaf with Onions, Mushrooms, and Snap Peas

Use your Instant Pot to cook the farro perfectly

- 1 cup organic farro
- 3 cups vegetable stock or as needed
- 1 Tablespoon olive oil
- 1 cup sliced/chopped onions
- 8 ounces fresh mushrooms, cleaned, trim, slice/chop
- 1 teaspoon salt, divided
- 1/2 teaspoon ground black pepper, divided
- 1 teaspoon thyme leaves
- 1/4 teaspoon baking soda
- 8 ounces fresh snap peas, slant cut in thirds
- Garnish:** chopped parsley; toasted pine nuts as desired

Prepare Farro: If using an Instant Pot, follow Instant Pot grain directions. It will have a shorter cooking time. If preparing farro traditionally, follow

package directions, covering the farro with vegetable stock; bringing to a boil; reduce heat to low; cook until tender, about 30 minutes. Drain off excess liquid.

Prepare Onions, Mushrooms, and Snap Peas: In 10-inch cast iron skillet warm oil; add onions; sauté 4 minutes; add mushrooms, 1/2 teaspoon salt; 1/4 teaspoon black pepper, thyme leaves, and baking soda; toss to combine. Cover pan; cook on medium heat for 10 minutes or until mushrooms are tender. Toss; stir in snap peas; cover; cook for 5 minutes or until crisp tender. Season with remaining salt and black pepper to taste.

To Serve: Stir cooked farro into mushroom mixture; serve from the skillet or spoon into a serving dish; garnish with chopped parsley and pine nuts if desired. Serves: 4

Cook's Note: To toast pine nuts, cook in fry skillet over medium heat, stir frequently until nuts begin to lightly brown. Watch carefully, as they brown quickly. If using shitake mushrooms, remove and discard stems.

About the Recipe: Farro combines with vegetable stock flavors and is mixed with sautéed mushrooms, onions, and snap peas. A simple garnish of chopped parsley and pine nuts are sprinkled over the top of this side dish. Farro has a nutty flavor and complements the rich flavors of the mushroom mixture.