

# LEMON GARLIC FARRO WITH ROASTED VEGETABLES

Prep time: 10 minutes | Cook time: 40 minutes

4 Servings | Calories: 510 | Protein: 21 | Fat: 24 | Carbs: 55

*Gluten-Free, Vegetarian*

## INGREDIENTS

- 1/3 cup pine nuts
- 1 cup mushrooms, chopped
- 1 bell pepper, chopped
- 1 bunch asparagus, chopped
- 12 oz. cherry tomatoes, halved
- 2 tsp. garlic powder
- 2 Tbsp. olive oil
- 1 1/2 cup farro
- 1/2 cup feta cheese
- Salt and pepper, to taste



Dressing:

- 2 Tbsp. olive oil
- 2 Tbsp. lemon juice
- Salt and pepper, to taste
- 2 Tbsp. minced basil

## DIRECTIONS

1. Preheat oven to 425 F. In a large sheet pan, add mushrooms, bell pepper, asparagus, tomatoes and pine nuts. Add in olive oil and mix until veggies and nuts are covered. Spread veggies on an even layer to avoid overlapping, and roast for about 40 minutes.
2. While the veggies are roasting, bring 4 cups water to a boil. Once boiling, add in farro, reduce heat, cover, and let simmer for about 40 minutes, until water has evaporated.
3. In a small bowl add the olive oil, lemon juice, salt and pepper. Whisk until all the ingredients are thoroughly mixed.
4. Once veggies are ready, remove from the oven and add to a large mixing bowl or sauté pan. Mix in dressing and farro, and top with feta cheese. Serve immediately and enjoy!