

# CRANBERRY APPLE FARRO STUFFING

*A CHANGE UP TO THIS YEAR'S TRADITIONAL THANKSGIVING STUFFING*



**Yield: 6 – Serving Size: 5oz. – Prep Time: 20 Minutes**



## Ingredients:

- 1 Cup – Farro, Dry
- 2 Tbsp. – Olive Oil
- ½ Cup – Red Onion
- ¼ Cup – Celery
- ¼ Cup – Granny Smith Apple
- ¼ tsp. – Garlic Powder
- 1 Tbsp. – Lemon Juice
- ¼ Cup – Scallions (Green Onions)
- ¼ Cup – Parsley, Fresh
- 2 2/3 Cup – Vegetable Stock
- ½ tsp – Seasoned Salt
- ¼ tsp. – Black Pepper, Ground
- 1 Cup – Cranberries, Dried

1) In a small pot over high heat bring the stock to a boil. Once the stock achieves a bowl add the farro and stir. Reduce heat to low and cover allow to cook for 15-20 minutes or until all liquid is gone.



2) Place a sauté pan over medium heat and add olive oil.

2) Sauté the red onions and celery until the onions become translucent, approximately 2-3 minutes.



3) Once the onions become translucent add the apples and scallions.



4) Continue to sauté for 1-2 minutes until apples soften slightly.



5) Combine the farro and sauté mixtures in a mixing bowl. Add the garlic powder, lemon juice, scallions, parsley, seasoned salt, black pepper and cranberries.

6) Serve as a Thanksgiving alternative or with any fall inspired dish. Enjoy!



Equipment Needed: Small pot, Sauté Pan, Measuring Cups and Spoons, Spoon or Rubber Spatula

**Calories:** 201kcal – **Calories from Fat:** 63kcal – **Total Fat:** 7g – **Saturated Fat:** .8g – **Trans Fat:** 0g – **Cholesterol:** .4mg – **Sodium:** 345mg – **Total Carbohydrate:** 32g – **Dietary Fiber:** 4.4g – **Sugar:** 12.2g – **Protein:** 4.5g



