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

% Cup – Granny Smith Apple% tsp. – Garlic Powder

1 Tbsp. – Lemon Juice **¼ Cup** – Scallions (Green Onions)

% Cup – Parsley, Fresh
2 2/3 Cup – Vegetable Stock
% tsp – Seasoned Salt

¼ tsp. – Black Pepper, Ground1 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.





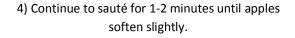
2) Place a sauté pan over medium heat and add olive oil.

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.









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

 $\textbf{Calories: } 201 \text{kcal} - \textbf{Calories from Fat: } 63 \text{kcal} - \textbf{Total Fat: } 7g - \textbf{Saturated Fat: } .8g - \textbf{Trans Fat: } 0g - \textbf{Cholesterol: } .4mg - \textbf{Calories: } 10 \text{model} 10 \text{$

Sodium: 345mg – Total Carbohydrate: 32g – Dietary Fiber: 4.4g – Sugar: 12.2g – Protein: 4.5g