



## Warm Brussels Sprouts & Farro Salad

**Prep: 10 minutes**

**Cook: 20 minutes • Serves: 4**

- 1 cup pearled farro, rinsed and drained
- ¼ cup olive oil
- 1 package (12 ounces) Brussels sprouts, trimmed and quartered
- 1 small red onion, chopped
- 1 D'anjou or Bartlett Pear, chopped
- ½ cup chopped pecans
- 1 tablespoon lemon juice
- 2 teaspoons lemon zest
- 1 teaspoon chopped fresh thyme leaves
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon salt
- ½ teaspoon ground black pepper

1. Prepare farro as label directs; cool and transfer to large bowl.
2. In large skillet, heat 2 tablespoons oil over medium heat. Add Brussels sprouts; cook 8 minutes or until browned, stirring occasionally. Add red onions; cook 3 minutes, stirring frequently.
3. Add remaining ingredients, remaining 2 tablespoons oil and Brussels sprouts to farro; toss. Makes about 6 cups.

*Approximate nutritional values per serving:  
209 Calories, 12g Fat (1g Saturated), 0mg Cholesterol, 167mg Sodium, 23g Carbohydrates, 4g Fiber, 3g Sugars, 0g, Added Sugars, 5g Protein*

### Dietitian's Dish

- > Farro is an ancient grain from the wheat family, so it is NOT gluten free. Pearled farro has been processed to remove the outer covering, which allows for quicker cooking.