



Heart & Home
Wellness Table Series



**Ronald McDonald
House Charities***
Central Ohio

Supported by

JPMorganChase

Farro Vegetable Bowls with Lemon Shallot Herb Sauce

These hearty grain bowls are perfect for lunch or dinner, with roasted veggies, a bright herb sauce, and crunchy pistachios—and any extra sauce is great on sandwiches or eggs.

Total Time: 20 mins | Servings: 4



NUTRITION NOTES

- Rich and smooth, **extra-virgin olive oil** forms the base of the sauce while delivering heart-healthy fats and antioxidants.
- Fresh and herbaceous, **cilantro, dill, parsley, and oregano** add vibrant flavor along with powerful plant-based nutrients.
- Bright and zesty, **lemon zest and juice** bring natural acidity, vitamin C, and a refreshing citrus finish.
- Nutty and satisfying, **farro** provides whole-grain fiber and long-lasting energy to make the dish hearty and filling.

Farro & Vegetable Bowls with Lemon-Shallot Herb Sauce

Printing
Courtesy of:



INGREDIENTS

- ¾ cup extra-virgin olive oil
- 1 small shallot, chopped
- 6 cloves garlic, chopped
- ½ cup fresh cilantro
- ¼ cup fresh dill
- ¼ cup fresh flat-leaf parsley
- 2 tablespoons fresh oregano
- 2 teaspoons finely grated lemon zest
- 2 tablespoons lemon juice
- ½ teaspoon salt
- ½ cup coconut milk
- 2 cups cooked farro
- 4 cups roasted vegetables, such as asparagus, radishes and/or fennel
- 4 tablespoons chopped unsalted roasted pistachios

INSTRUCTIONS

1. Combine oil, shallot, garlic, coconut milk, cilantro, dill, parsley, oregano, lemon zest, lemon juice and salt in a blender, blend until smooth.
2. Divide farro among 4 bowls. Top each bowl with vegetables and drizzle with 1 ½ tablespoons sauce (reserve remaining sauce for another use). Sprinkle with pistachios.

Nutrition Profile: Diabetes-Friendly | Dairy-Free | Soy-Free | Heart-Healthy | Vegan | Vegetarian | Egg-Free

NUTRITION FACTS *(per serving)*

Servings Per Recipe: 4 | *Calories: 381*

- 26 g fat
- 7.5 g saturated fat
- 37 g carbohydrate
- 8 g fiber
- 2 g sugar
- 10 g protein
- 137 mg sodium

*farro as a whole grain source.

**Nutrition information provided directly by eatingwell and reflects values listed at the time of publication. Recipe sourced from: eatingwell.com*