



ITALIAN FARRO BOWL



1 SERVINGS



35 MINS

CALORIES
470

PROTEIN
14G

FATS
70G

CARBS
65G

INGREDIENTS

- 1 cup cooked farro $\frac{1}{2}$
- cup roasted cherry tomatoes $\frac{1}{4}$ cup
- roasted zucchini $\frac{1}{4}$ cup
- roasted yellow squash $\frac{1}{2}$ cup
- white beans 2
- tablespoons balsamic
- glaze 1 tablespoon olive
- oil Fresh basil leaves
- for garnish
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METHOD

1. Roast cherry tomatoes, zucchini, and yellow squash with olive oil, salt, and Italian herbs at 400°F for 20 minutes.
2. Arrange cooked farro as the base in your bowl, then top with roasted vegetables and white beans.
3. Drizzle with balsamic glaze and olive oil, then garnish with fresh basil leaves.

Pro Tip: Cook farro in vegetable broth instead of water for extra flavor. For a creamier version, add a spoonful of dairy-free ricotta or cashew cheese.