

FARRO AND ROASTED SWEET POTATOES

Serves 8

Ingredients

- 1 cup **farro**, uncooked
- 1 large **onion**, chopped
- 3 medium **sweet potatoes**, peeled and chopped
- 1 tablespoon **olive oil**
- 2 tablespoons **balsamic vinegar**, plus extra to drizzle before serving
- 1/4 teaspoon **salt**
- 1/4 teaspoon ground **black pepper**
- 1/2 cup crumbled **feta cheese**
- 1/4 cup chopped **fresh herbs** of your choice (parsley, basil, cilantro or chives)

Nutrition Facts*

1 serving

Calories: 200

Protein: 6 grams

Total Carbohydrates: 30 grams

Dietary Fiber: 4 grams

Total Fat: 6 grams

**Nutrition facts are an estimate and vary based on serving size.*



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Directions

- 1 Preheat oven to 400°F.
- 2 Rinse the farro in a fine-mesh strainer. Bring about 3 to 4 cups of salted water to a boil. Add farro and bring back to a simmer, reducing the heat if needed. Allow farro to cook for 20 to 25 minutes.
- 3 While the farro is cooking, line a sheet pan with parchment paper. Toss the onions and sweet potatoes with olive oil, balsamic vinegar, and salt and pepper on the sheet pan. Arrange the veggies in a single layer and place in the oven for 30 minutes.
- 4 Halfway through the cooking time (15 minutes), turn the sweet potatoes and onions to allow for browning on all sides.
- 5 Once the farro is finished cooking, turn off the heat and use the fine-mesh strainer to drain the excess water.
- 6 In a large serving bowl, combine the cooked farro with the roasted sweet potatoes and onions. Top with feta cheese, fresh herbs and a drizzle of balsamic vinegar. Toss to combine before serving.



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