



Farro Risotto with White Beans, Basil Pesto and Arugula

Recipe courtesy of UConn Dining Services | dining.uconn.edu/recipes

Makes 4-6 servings

Farro

- 1 tablespoon olive oil
- ½ cup diced onion
- 8 ounces semi peeled farro
- 2 tablespoons white wine
- 3 cups vegetable stock
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1 lemon zested

Heat oil in a medium stock pot over medium-high heat.

Add onions and cook until translucent.

Add farro and cook for 3 minutes, then deglaze the pan with wine.

Add in vegetable stock, salt, and pepper.

Zest in a lemon, then bring to a boil, lower to a simmer, and cover.

Cook until all liquid is dissolved and farro is tender.

Cool and hold for risotto.

Farro Risotto

- 1 teaspoon olive oil
- 1 tablespoon chopped garlic cloves
- 8 ounces Northern white beans
- ¼ cup basil pesto (nut-free)
- ¼ cup white wine
- Cooked farro-recipe above
- ¼ cup light cream
- 8 ounces roasted red pepper strips
- 4 ounces baby arugula
- ½ cup grated parmesan cheese

Farro Risotto with White Beans, Basil Pesto and Arugula

page 2

Add olive oil and garlic to a preheated frypan over medium-high heat and cook until garlic softens on the edges.

Add white beans and pesto and cook for 2-3 minutes.

Add white wine and deglaze pan.

Add pre-cooked farro, light cream, and red peppers cooking until liquid is dissolved, then turn off heat and stir in arugula until wilted.

Season to taste with salt and pepper and serve with a sprinkle of parmesan.