

## Mushroom and spinach farro risotto

### Ingredients

- 4 cups broth (vegetable, mushroom or chicken)
- ½ tablespoon olive oil
- ½ tablespoon unsalted butter (or use more oil)
- 1 small onion, diced
- 12 ounces cremini (baby bella) mushrooms cleaned, trimmed and thinly sliced
- 1 tablespoon garlic, minced (about 3 large garlic cloves)
- 1½ cups farro or pearl barley, rinsed and drained
- 3 sprigs fresh thyme
- ¾ cup dry white wine (pinot grigio or pinot gris)
- ¾ cup Parmesan cheese, grated plus extra for serving
- 10 ounces baby spinach, fresh
- 1 lemon



### Nutritional Information

Servings: 4

Cost: \$9.25/\$2.31 per serving

Calories: 318 per serving

### Directions

- Heat broth in a small pot to a low simmer.
- In another pot, warm butter and olive oil over medium heat, add onion and cook until translucent.
- Add mushrooms and cook until they release their liquid, dry and begin to brown.
- Add the garlic, stir to mix well, cook 20 seconds more, then add the farro and thyme.
- Pour the hot broth into the farro, simmering for 40 minutes or until the farro is tender, stirring every 15 minutes.
- Add wine, continue cooking until it has almost evaporated.
- Stir in cheese and spinach, cooking for 30 seconds or until spinach wilts.
- Serve farro warm with lemon wedge and sprinkle with Parmesan, if desired.
- Season with salt and pepper.

\*If you are using pearled barley, reduce the cooking time to about 30 minutes.