

Farro and Wild Mushroom Gratin

Nutritional Highlights

- Mushrooms make this a hearty and filling vegetarian dish
- This recipe is packed with vegetables and heart-healthy olive oil

Servings: 4

Ingredients

- vegetable broth
- 1 cup uncooked farro
- 1 bunch kale
- 1/2 c + 2 Tbsp olive oil, divided
- 8 oz sliced shiitake mushrooms
- 8 oz sliced baby bella
- 1/2 tsp kosher salt
- 1 large carrot, diced
- 1/2 large yellow onion, diced
- 1/4 cup dry white wine
- 3 Tbsp all-purpose flour
- 4 oz grated parmesan cheese
- 3/4 c panko breadcrumbs
- 1/4 c chopped fresh parsley

Directions

- Adjust oven rack to upper level and preheat broiler on low.
- Cook farro in vegetable broth according to package directions.
- De-stem the kale and roughly chop.
- Heat 1/4 c olive oil in a large ovenproof skillet over medium-high. Add mushrooms and salt and cook, stirring occasionally, until browned.
- Add the carrot and onion and cook, stirring often, until tender - about 5 minutes. Add the kale and cook until slightly wilted, about 3-4 minutes.
- Add the wine and stir to loosen any browned bits on bottom of pan. Simmer until liquid has evaporated, about 1 minute. Sprinkle the flour over the mixture, stirring constantly.
- Gradually add 1 1/4 c vegetable broth, 1/2 c at a time, stirring to incorporate. Bring mixture to a simmer, and cook, stirring often, until thickened, about 2 minutes. Remove from the heat and stir in the cheese and cooked farro.
- Toss the breadcrumbs with 2 Tbsp olive oil and sprinkle over the gratin.
- Broil for 10 minutes, checking after the first 5 until breadcrumbs are golden brown and casserole is bubbling.
- Remove from oven and let stand for 10 minutes. Sprinkle with parsley before serving.

*To prepare ahead, skip broiling and cover with foil and refrigerate until ready to bake. Bake at 400F for 30 minutes until breadcrumbs are golden brown and filling is bubbling.