

FARRO SALAD WITH ROSEMARY, MUSHROOMS AND BLUE CHEESE

Bariatric, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6 (Serving= 3/4 cup)

Nutrition (per serving)

Calories: 197

Total Fat: 5 g

Saturated Fat: 1 g

Sodium: 167 mg

Total Carbohydrate: 29 g

Dietary Fiber: 5 g

Protein: 8 g



Ingredients

- 1 cup uncooked farro
- 1 Tablespoon olive oil
- 2 teaspoons minced garlic
- 2 Tablespoons chopped rosemary
- 5 cups raw mushrooms (any kind)
- 3 Tablespoon balsamic vinegar
- 1 cup arugula
- ¼ cup blue cheese crumbles
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper



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Directions

1. In a medium saucepan, combine farro with 3 cups water. Bring to boil then simmer for 30 minutes. Drain remaining liquid.
2. In a medium skillet on medium heat, sauté garlic and rosemary in olive oil for 2 minutes, stirring to prevent burning.
3. Add mushrooms to skillet and cook until soft, about 5 minutes. Stir occasionally.
4. Combine cooked farro and mushroom mixture with rest of ingredients. Stir to combine.
5. Serve hot or cold.

To make bariatric diet friendly:

Decrease serving size to 1/4 cup

Updated bariatric nutrition information: Calories 66, Total Fat 2g, Sat Fat 0g, Sodium 56mg, Total Carbohydrate 10g, Fiber 1.5g, Protein 2.5g