

## Farro, Vegetables and Feta

### Ingredients

- 1 cup Farro (I use Bob's Red Mill)
- 3 cups water
- 1 zucchini, small dice
- 2 carrots, small dice
- 1/4 c small diced onion
- 1 cup small diced red, orange or yellow pepper
- 1/2 cup crumbled feta

### Directions

1. Prepare farro per package directions.
  2. Saute vegetables in a small amount of extra virgin olive oil till soft but not mushy.
  3. Spoon farro into bowl, top with vegetables. Sprinkle feta cheese on top and enjoy as a side or main dish.
- Feel free to combine any vegetables that you like. This side dish is really flexible and provides fiber, protein, and vitamins and minerals associated with the vegetables you choose. **A key success factor is to cut the vegetables quite small so they cook fast and mix well with the farro grains.**

Dressing: If you would like some extra flavor and moisture, I suggest whisking some olive oil and lemon together.

**Mary-Beth says:** *"This has become a favorite here and the leftovers are amazing. You can substitute ground turkey for the beef if desired. Tailor to your taste or to the season by varying the combination of vegetables and herbs/spices."*