



BUDGET FRIENDLY RECIPES

One-Pot Farro Risotto

Serves 4. Prep time: 10 minutes active; 40 minutes total.

1 ½ cups farro	½ teaspoon onion powder
2 cups Field Day chicken broth	1 3.8-ounce can Field Day sliced ripe black olives
¾ cup water	⅓ cup grated Parmesan cheese
1 tablespoon Field Day olive oil	1 teaspoon ground black pepper
1 bunch kale, tough ribs removed, loosely torn	Salt to taste

Preparation

Add farro, chicken broth and water to a large sauté pan or skillet. Bring to a boil over high heat. Reduce heat to low, cover, and simmer for 15 to 20 minutes, stirring occasionally. Uncover, add kale, onion powder and olive oil. Continue to cook for 5 to 7 more minutes, stirring occasionally.

Turn off heat. Add olives and Parmesan cheese to the pot, stirring to combine. Add black pepper and salt to taste.

One-Pot Farro Risotto

Ingredient checklist

PRODUCE

- Kale

GROCERY

- Farro
- Field Day chicken broth
- Field Day olive oil
- Field Day sliced ripe olives

REFRIGERATED/DAIRY

- Parmesan cheese

SPICES/SEASONINGS

- Onion powder
- Sea salt
- Black pepper

Serving suggestion

This one-pot meal is sure to please with its super-savory flavors and heartiness. It is cheesy, gooey, satisfying and surprisingly good for you! Add leftover cubed chicken or some seasoned baked tofu to really rev up the protein.

Nutritional information per serving

430 calories	66 g. carbohydrate
10 g. fat	13 g. fiber
10 mg. cholesterol	17 g. protein
580 mg. sodium	

Estimated cost

Total:	\$9.97
Cost per serving:	\$2.49

The nutritional values and information are approximations, and ingredient costs are estimated.