

Recipes makes: 8 Servings



### Ingredients-

- ♥ 1 medium sweet potato
- ♥ 2 c. dry **D'Avolio Farro**
- ♥ 5 c. vegetable broth
- ♥ 1 c. craisins (or 2 c. unsweetened dried cranberries)
- ♥ ¼ c. pepitas
- ♥ 3 Tbsp **D'Avolio Olive Oil**
- ♥ MAX 1 tsp salt
- ♥ Ground pepper to taste

### PREPARATION:

1. Place dry farro on a ½ sheet cooking pan. Place farro in a pre-heated oven of 350 degrees for 15 minutes, or until farro turns a shade darker.
2. Add vegetable broth to a 2 quart pan and add farro to broth. Bring to boil and reduce to a slow boil.
3. Strain farro when done – should be slightly firm to the tooth. Cool and set aside.
4. Peel and medium dice sweet potato. Place on ½ sheet pan and bake in 350 degree oven until roasted.

### When Ready To Serve:

5. Place 2 tbsp olive oil in saute pan over high heat.
6. When pan is hot, add farro, careful not to splatter grease and burn your hand.
7. Toss farro in pan with oil for 2 minutes.
8. Add craisins and pepitas, while still tossing farro in pan.
9. Add 1 tbsp olive oil to coat pilaf.
10. Add sweet potatoes and continue to toss.
11. Season with salt and pepper.
12. Enjoy!

Nutrition Facts	
Serving Size: 4 oz	
Servings: 8	
Amount Per Serving	
Calories 150	Calories from Fat 35
% Daily Value*	
<b>Total Fat</b> 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 200mg	8%
<b>Total Carbohydrate</b> 26g	9%
Dietary Fiber 2g	9%
Sugars 7g	
<b>Protein</b> 3g	
Vitamin A 25%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	