

Roasted Brussel Sprout Grain Salad

Items Needed: Baking sheet or roasting pan, mixing bowl, knife and cutting board, saucepot, wooden spoon.

Serves: 4

Ingredients:

- 2 cups of cooked farro
- 4 cups of roasted brussel sprouts
- 1 Tbsp olive oil
- 2 green onions
- 1/8th cup dried cranberries/craisins
- 2 garlic cloves
- Other optional veggie add ins: roasted broccoli, sweet potato, roasted onion, arugula, spinach.
- 1 tbsp lemon juice
- 1 tsp maple syrup: optional
- Salt and pepper to taste

Directions:

1. Cook your farro according to the package, some varieties are going to be par cooked and some will take a little longer.
2. Preheat your oven to 425 degrees.
3. On your sheet tray lay out your brussel sprouts or other veggies for roasting: drizzle with olive oil, salt and pepper and toss until well coated.
4. Roast for 15-20 minutes or until they begin to get brown and crispy.
5. While the brussel sprouts are roasting, chop green onions and garlic.
6. Combine all veggies and farro into mixing bowl, drizzle with olive oil, lemon juice, salt and pepper and toss together.
7. Taste and adjust seasoning as needed.

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