

CHIMICHURRI FARRO GRAIN BOWL

by Chef Jeff Dinmore, Clovis Community Medical Center

Yield: Serves 4

Ingredients:

- 3 Cups fresh Italian parsley
- ¼ Cup fresh oregano
- 1/8 cup garlic cloves, peeled
- ¾ tsp red pepper flakes
- ½ Tbsp. Spanish paprika
- ¼ Cup red wine vinegar
- 1 ¼ cup extra-virgin olive oil
- ½ Tbsp. sea salt
- ¾ tsp black pepper
- ½ Cup red onion, small diced
- 2 Cups kale, stem removed and chopped
- 1 Cup red bell pepper, small diced
- 1 Cup, fingerling potatoes, cooked and cut in half
- 1 Cup black beans, cooked
- 1 Cup corn, removed from the cob
- 1 Cup zucchini, small diced
- 4 Cups farro, cooked
- 1 Tbsp. extra-virgin olive oil, for sautéing

To make the chimichurri sauce:

1. Rinse the parsley and oregano in water, remove and discard the stems. Rough chop the parsley and oregano leaves.
2. Smash the garlic cloves and remove the skin.
3. Combine the parsley, oregano and garlic in a food processor and pulse until coarsely chopped. Add the chili flakes, paprika, vinegar, oil, salt and pepper and process until smooth.
4. Reserve until later.

Directions:

1. Pre-heat a sauté pan over medium-high heat. When hot, add the oil and heat until shimmering.
2. Add to the pan the red onions, kale and red bell peppers and sauté for 3 to 4 minutes or until the onions are translucent.
3. Add the potatoes, black beans, corn and zucchini and continue to sauté.
4. Add the chimichurri sauce and toss to combine.
5. Place the farro in a serving bowl and top with sautéed vegetables. Serve hot or at room temperature.