



HEALTHY LIVING
WITH *Patti Green*

Beet Salad over a bed of Farro

This delicious dish is both sweet and savory. It's packed with vitamins and minerals that nourish the body!!

Preheat oven to 400 degrees

Ingredients:

- 6 - 8 beets cleaned with stems and leaves removed*
- 4 cups baby kale
- 4 tablespoons olive oil
- 2 oranges, peel removed and thinly sliced
- 1/2 cup goat cheese crumbled
- 1 cup farro
- 3 TBSP butter
- 1/4 cup chopped parsley
- 1 lemon
- Salt & Pepper to taste

Instructions: (Beets)

1. Massage each beet with olive oil and wrap each tightly in aluminum foil
2. Place on a cookie sheet and bake for one hour
3. Once cooked, let cool
4. Once cooled, remove foil wrap
5. Remove the skin of beet with fingers
6. Slice

Instructions: (Farro)

1. Rinse Farro using a strainer
2. Tap to remove most of the water
3. In a medium sauté pan melt butter over medium heat
4. Add Farro, stirring with a fork
5. Farro should turn a couple of shades darker and begin to release a nutty aroma
6. Remove from heat

7. Add water to medium saucepan filling it halfway and let boil
8. Add farro to boiling water, reduce heat to low, and cover
9. Let simmer for 15 - 30 minutes or until tender
10. Drain immediately and let cool for 10 minutes
11. Add the juice of 1 lemon and parsley to Farro and stir

Instructions: (Plating)

1. Spoon farro onto salad plate or serving platter
2. Add a handful of baby kale
3. Sprinkle a little bit of olive oil, dash of salt and pepper
4. Place slices of beet decoratively on kale
5. Add 2 slices of orange
6. Add crumbled goat cheese and serve

**sauté the beet greens and enjoy as a side dish*



RECIPES

