Dinner, Mediterranean

Creamy Farro with Roasted Vegetables and Tilapia

Quick cooking farro is simmered like risotto in warm broth, then folded with garlicky roasted vegetables and topped with tilapia fillets broiled over the vegetables with a sprinkling of Parmesan on top.



Nut free

105 min	420	56 g	7 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 spray, 0.25g nonstick cooking spray
- [ ] 8 oz asparagus (trimmed and cut into 1-inch chunks)
- [ ] 1 small eggplant (cubed)
- [ ] 8 oz white (button) mushrooms (sliced)
- [ ] 5 sprig fresh thyme (leaves removed and stems discarded)
- [ ] 2 clove garlic (minced)
- [ ] 1/4 tsp black pepper
- [ ] 1 tbsp olive oil (divided use, reserve 1 tsp.)
- [ ] 4 cup low sodium chicken broth (fat-free)
- [ ] 1 1/2 cup quick cooking farro
- [ ] 1/4 cup Parmesan cheese (divided use, reserve 1 tbsp.)
- [ ] 4 whole tilapia (4-ounce each)

Nutrition Facts

Per serving

Calories	420
Total fat	9 g
Saturated fat	2 g
Sodium	320 mg
Total carbs	56 g
Fiber	9 g
Total sugars	7 g
Protein	37 g

Method

- [ ] **1** Heat the oven to 375 degrees F and coat a large baking sheet with the nonstick cooking spray.
- [ ] **2** Toss the asparagus, eggplant, white (button) mushrooms, fresh thyme leaves, garlic, and black pepper together in a large bowl with all of the olive oil except 1 tsp.
- [ ] **3** Spread the coated vegetables out in one layer on the prepared baking sheet and bake them for 40 minutes, giving the pan a stir now and then.
- [ ] **4** As the vegetables bake, warm the low sodium chicken broth in a saucepan until it just comes to a simmer, then turn the heat down so it stays warm.
- [ ] **5** Put the reserved 1 tsp of olive oil into another saucepan over medium heat, add the quick cooking farro, and sauté for 2-3 minutes until the grains smell toasted.
- [ ] **6** Pour 1/2 cup of the hot broth over the farro and stir without stopping until it is absorbed, then keep repeating that addition and stirring until just 1/2 cup of broth is left.
- [ ] **7** Stir the last 1/2 cup of broth into the farro, then mix in all of the Parmesan cheese except 1 Tbsp, which you hold back for the fish.
- [ ] **8** After the vegetables have baked their 40 minutes, switch the oven to the broil setting, rest the tilapia fillets on top of the vegetables, and scatter the reserved Parmesan cheese over each fillet.
- [ ] **9** Broil the fish for 6-7 minutes, making sure the cheese stays unburned and the tilapia is just cooked through.

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- [ ] 10 Lift the tilapia off the vegetables and set it aside, stir the roasted vegetables into the farro, and serve the dish with the fish placed on top.