

NUTRITION EXPLORERS RECIPE

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TOOLS

- Large nonstick frying pan
- Wooden spoon
- Knife
- Cutting board

HINT

Add shredded rotisserie chicken or another protein to make a heartier dish. Simply stir in the chicken or other protein when you remove the farro from the heat.

Disclaimer: Adult supervision is highly recommended when using the knife and heat.

BROCCOLI & PARMESAN FARRO

PREP: 2-3 MIN

TOTAL: 12-35 MIN (THIS
DEPENDS ON YOUR FARRO'S
COOKING TIME.)



INGREDIENTS

- 2 cups of broccoli
- 2 tablespoons of olive oil
- 3 cups of farro (*I use the quick-cooking kind, which cooks in ten minutes.*)
- 1 clove of garlic, minced
- 3 cups of chicken or vegetable broth
- 1/2 teaspoon of salt
- 1/4 teaspoon of pepper
- 3/4 cup of shredded parmesan

DIRECTIONS

All right, let's get started! First, have your little one(s) chop or break the broccoli into small, bite-size pieces. Set the broccoli aside.

Heat a large frying pan over medium-high heat and have your little one(s) pour the olive oil and farro in the pan. Toast the farro for one to two minutes, then add the garlic and cook for an additional 30 seconds until fragrant. Add the broccoli and have your little one(s) stir the ingredients to combine them.

Add the broth, salt and pepper to the pan, then stir and bring it to a boil. Cover the pan with a lid and lower the heat to a simmer. Cook the farro according to the instructions on the packaging, keeping an eye on the pan every few minutes and adding more broth if necessary.

Serve and enjoy!

