

Creamy Carrot Farrotto

From *–The Skinnytaste Cookbook*

SALAD

1 medium carrot , peeled into ribbons
2 Tbsp fresh lemon juice
1 tsp olive oil
freshly cracked black pepper
1 ½ cups arugula

CARROT PUREE

1 Tbsp olive oil
½ cup minced onion
3 garlic cloves, minced
1 ½ cups chopped carrots
2 cups low sodium vegetable broth
½ tsp kosher salt
1/8 tsp freshly ground black pepper

FARROTTO

1 ¼ cups semi-pearled farro, rinsed
3 cups low sodium vegetable broth, plus more if needed
½ tsp kosher salt
¼ cup grated Parmigiano-Reggiano cheese plus more for garnish

- For the salad: In a medium bowl, combine everything except the arugula and refrigerate until ready to serve.
- For the carrot puree: In a large deep nonstick skillet, heat the oil over medium heat. Add the onions and garlic and cook stirring until soft 3-4 minutes. Add the carrots and broth and season with salt the pepper. Bring to a boil. Reduce the heat to medium-low cover, and simmer until the carrots are soft, about 30 minutes. Remove the pan from the heat and let cool slightly. Puree the carrots with an immersion blender.
- For the farrotto: In a large saucepan, combine the farro, vegetable broth, and salt. Bring to a low boil over medium-low heat and cook until the farros is al dente, 15-20 minutes. Drain and return the farro to the pan.
- Add the carrot puree to the farro and cook over medium-low heat, stirring occasionally, until creamy, 4-6 minutes, adding more vegetable broth if needed. Stir in the grated Parmigiano-Reggiano.
- To serve, toss the arugula with the carrot ribbons. Divide the farrotto among 4 plates, sprinkle with shaved Parmigiano-Reggiano and top with the carrots and arugula salad.



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