



Makes 7 cups
Preparation Time: 25 minutes
Cook Time: 5 minutes

INGREDIENTS:

12- to 16-oz. package frozen stir-fry vegetables

3 cloves garlic, minced

2 tablespoons reduced-sodium soy sauce or tamari

1 tablespoon lime juice

2 teaspoons grated fresh ginger

1 teaspoon pure maple syrup

¼ teaspoon red pepper flakes (optional)

⅛ teaspoon ground white pepper

1 tablespoon extra-virgin olive oil (optional, [learn more](#))

4 cups cooked farro

3 cups thinly sliced kale, stems removed

¼ cup sliced scallions

2 tablespoons sesame seeds, toasted

Farro Fried Rice

Farro takes the place of white rice in this healthy twist on Chinese fried rice. **Kale**—the king of nutrient-dense leafy greens—steps into a starring role amongst the other colorful veggies, which perfectly complement the chewy grains. A simple **stir-fry** sauce, infused with the fresh flavors of ginger and lime juice, adds brightness, while a sprinkling of sesame seeds creates a delicate crunchy garnish. Ready in just 30 minutes, this easy fried rice is bound to become a regular in your weekday recipe rotation.

Tips

Farro swap: If you aren't a fan of farro, feel free to substitute your favorite whole grain for equally delicious results.

Optional oil: This is a **Forks Flex Recipe**, which means it includes a small amount of optional oil. If you include the oil, you'll add 40 calories, 4 g total fat, and 1 g saturated fat per serving.

By Nancy Macklin, RDN

- 1 In a large skillet cook frozen vegetables and garlic over medium 5 minutes, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking.
- 2 For oil-free: In a small bowl stir together ¼ cup water and the next six ingredients (through white pepper). (*If using oil: Omit the water and use 1 Tbsp. olive oil instead.*) Add farro and kale to skillet; mix well. Stir in soy sauce mixture. Cook 2 to 3 minutes or until the kale has wilted.
- 3 Top with scallions and sesame seeds.