



ROASTED VEGGIE FARRO BOWLS

with Marinated Cranberries & Salsa Verde Sunflower Pepitas



HELLO

Farmer Owned
Ocean Spray
— Since 1930 —

Delicious Ocean Spray® Craisins® Dried Cranberries are made with 100% North American Cranberries and add mighty flavor to all your favorite recipes!



Farro
(Contains: Wheat)



Yellow Onion



Chili Powder



Ocean Spray® Craisins®
Dried Cranberries



Parmesan Cheese
(Contains: Milk)



Veggie Stock
Concentrate



Sweet Potatoes



Lemon



Arugula



Salsa Verde
Sunflower Pepitas
(Contains: Milk)

PREP: 5 MIN | TOTAL: 40 MIN | CALORIES: 750

START STRONG

Give the dried cranberries time to marinate in step 3—it's absolutely worth the wait. Not only will their texture turn soft and velvety, the berry-infused marinade will make a delicious base for your salad dressing.

BUST OUT

- Baking sheet
- Small bowl
- Medium pot
- Whisk
- 2 Large bowls
- Kosher salt
- Zester
- Black pepper
- Vegetable oil (1 TBSP | 1 TBSP)
- Olive oil (1 TBSP | 2 TBSP)
- Sugar (1 tsp | 2 tsp)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Farro **¾ Cup** | **1½ Cups**
- Veggie Stock Concentrate **1** | **2**
- Yellow Onion **1** | **2**
- Sweet Potatoes **2** | **4**
- Chili Powder **1 tsp** | **2 tsp**
- Lemon **1** | **2**
- Ocean Spray® Craisins® **1.16 oz** | **2.32 oz**
Dried Cranberries
- Arugula **2 oz** | **4 oz**
- Parmesan Cheese **¼ Cup** | **½ Cup**
- Salsa Verde Sunflower
Pepitas **½ oz** | **1 oz**



1 COOK FARRO

Place a lightly **oiled** baking sheet on top rack and preheat oven to 425 degrees. In a medium pot, combine **farro**, **stock concentrate**, and **3½ cups water** (6 cups for 4 servings). Boil until farro is tender, 25-30 minutes. **TIP:** If you end up with any excess stock, simply pour it out. Alternatively, if stock evaporates before farro is done, add a splash of water.



4 MAKE DRESSING

Once **cranberries** are marinated, transfer **lemon juice marinade** to a second large bowl (leaving cranberries in small bowl). Whisk **1 TBSP olive oil** (2 TBSP for 4 servings) into bowl with marinade; taste and season with **salt** and **pepper**.



2 PREP & ROAST VEGGIES

Meanwhile, **wash and dry all produce**. Halve, peel, and slice **onion** into 1-inch-thick wedges. Dice **sweet potatoes** into ½-inch pieces. Toss veggies in a large bowl with a large drizzle of **oil**, **chili powder**, **salt**, and **pepper**. Carefully spread out on preheated baking sheet. Roast until browned and tender, 20-25 minutes.



5 FINISH FARRO & MAKE SALAD

Stir **2 TBSP butter** (4 TBSP for 4 servings), half the **roasted veggies**, and half the **dressing** into pot with **farro**. Season with **salt** and **pepper**. To bowl with remaining dressing, add **arugula**, **cranberries**, and remaining roasted veggies; toss to coat. Season with **salt** and **pepper**.



3 MARINATE CRANBERRIES

While veggies roast, zest and quarter **lemon** (zest 1 lemon; quarter both for 4 servings). In a small bowl, combine juice from **2 lemon wedges** (4 wedges for 4) and **1 tsp sugar** (2 tsp for 4). Stir in **cranberries**. Let marinate, stirring occasionally, at least 15 minutes.



6 SERVE

Divide **farro mixture** between bowls. Top with **salad**. Sprinkle with **Parmesan**, **pepitas**, and as much **lemon zest** as you like. Serve with remaining **lemon wedges** on the side.

LET IT LINGER

Love the tangy marinated cranberries? Try making them again for topping yogurt or oatmeal.



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