
PESTO SHRIMP & FARRO BOWL

(Egg-Free)

Yield: 4 servings **Total time:** 40 minutes



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Ingredients

- 8 oz dried farro
- 1/2 cup basil pesto
- 2 tbsp olive oil, divided
- 1 tbsp balsamic vinegar
- 1 tsp black pepper, paprika, garlic powder (divided)
- 1 lb. peeled, deveined, tail off shrimp (16-20 count)
- 4 cups arugula
- 1 cup cherry tomatoes, halved
- 1 avocado, diced
- Fresh basil (optional)

Directions

1. Prepare farro in a stockpot following packaged directions.
2. While farro is cooking, combine pesto, vinegar, 1 tbsp olive oil and 1/2 tsp of seasonings (pepper, paprika and garlic powder) in a medium bowl. Transfer 4 tbsp of the mixture to a small bowl.
3. Heat 1 tbsp of olive oil in a skillet over medium- high heat. Add shrimp and coat with 1/2 tsp of seasonings (pepper, paprika, and garlic powder). Cook shrimp until slightly charred, 4-5 minutes. Remove from heat and top with reserved pesto mixture.
4. Chop arugula, tomatoes and avocado. Set avocado off to the side.
5. Add arugula, tomatoes, and cooked farro in the medium bowl with pesto vinaigrette. Divide the farro mixture between 4 bowls. Top with shrimp, avocado and fresh basil. Serve.

Grocery List

- Farro
- Basil pesto
- Olive oil
- Balsamic Vinegar
- Shrimp
- Arugula
- Cherry tomatoes
- Avocado
- Fresh basil

Kitchen Equipment

- Stockpot with lid
- Medium bowl
- Small bowl
- Measuring cups and spoons
- Cutting board
- Knife
- Skillet
- Spatula
- Serving bowls

Per serving: 451 Calories; Total Fat 22g; Saturated Fat 3g; Sodium 500mg;
Total Carbohydrates 40g; Fiber 10g; Protein 24g

Nutrition Information

- Shrimp is very nutritious and low in mercury. It's fairly low in calories and provides a high amount of protein and healthy fats, as well as a variety of vitamins, minerals and antioxidants.
- Farro is a great source of fiber, protein, iron and magnesium. With all those nutrients in just a little grain, it can provide a lot of health benefits for your heart health, diabetes, gut health and immune system. Farro is a great substitution for refined grains like white rice or white flour pasta.
- Pesto is a sauce of crushed basil leaves, pine nuts, garlic, parmesan cheese, and olive oil. It adds a fresh flavor to dishes and its ingredients are part of the heart-healthy Mediterranean diet. Incorporating these foods into your diet can aid in reducing your risk of heart disease, diabetes and cancer.

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