



Raw Vegetable Bowl with Farro and Ginger-Cashew Cream

Prep: 20 minutes plus soaking

Cook: 15 minutes • Serves: 4

Farro and Ginger-Cashew Cream

- 1 cup pearled farro
- 1 cup raw unsalted cashews
- 1 tablespoon fresh lemon juice
- 1 teaspoon grated fresh ginger
- 1 teaspoon ground turmeric
- ½ teaspoon kosher salt

Toppings

- 2 small red and/or yellow beets, peeled and grated
- 1 avocado, peeled, pitted and sliced
- ⅓ cup diagonally sliced snap peas
- ½ cup honey roasted or favorite chickpea snacks
- ½ cup matchstick-cut carrots
- ¼ cup matchstick-cut radishes
- Microgreens and toasted cumin seeds for garnish (optional)

1. Prepare Farro and Ginger-Cashew Cream: Prepare farro as label directs; cool. Makes about 3 cups.

2. Heat 2 cups water to a boil over high heat. In medium bowl, pour boiling water over cashews; soak 1 hour, drain and rinse. In blender, blend cashews, lemon juice, ginger, turmeric, salt and 1 cup water on high until smooth. Makes about 1¼ cups.

3. Divide farro into 4 bowls. Arrange Toppings over farro; garnish with microgreens and cumin seeds, if desired. Serve with 1 cup Ginger-Cashew Cream.

Approximate nutritional values per serving:

*492 Calories, 21g Fat (3g Saturated), 0mg Cholesterol,
284mg Sodium, 63g Carbohydrates, 16g Fiber, 16g Protein*

Chef Tip

Use remaining Ginger-Cashew Cream drizzled over an Asian-inspired salad or roasted vegetables.