

Teriyaki Beets with Greens over Farro

Tonight you're treated to the earthy overtones of roasted beets and their tangy greens. You'll fold in the sweet and salty flavors of teriyaki and the crunch of water chestnuts. The dish is served over nutty, wholesome farro. (Farro is also known as Emmer). Since farro needs about an hour to cook, you may wish to try the "Quick Cook" method early in the day. (See Notes on Organizing.) You can also substitute quinoa in this dish.

If you didn't cook beets Sunday, scrub beets and throw them into a 375° oven for 1 hour before you wish to dine. **Preparation time: 1 hour and 20 minutes (if cooking beets tonight) - Servings: 2**

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients so they are easy to add when cooking. Prep 3 cloves chopped garlic: 2 for the Teriyaki Sauce and 1 for the Greens. There are two preps for onion: 1/2 C. chopped for the Teriyaki Sauce and 2/3 C. sliced for the Greens.

Quick-cook farro this A.M.: Measure 1 C. dry farro and 3 C. water into a saucepan. Add a pinch of salt and bring to a boil. Once boiling, reduce the heat to medium, cover the pan and set a timer for 30 minutes. When the timer sounds, turn off heat and leave on the burner for the day. You'll have perfect farro when you're ready for dinner.

Roasted Beets and Meat Choice

3 medium sized beets (roasted)

Plant-based Choice

(preheat the oven to 375°)

4 chickenless tenders

- or -

Optional Meat:

1 tsp. olive oil

1 chicken breast

1/2 C. white wine

Sautéed Greens

1/2 C. low-sodium vegetable broth

1 tsp. low-sodium soy sauce

2 T. balsamic vinegar

1 clove garlic (smashed and chopped)

2/3 C. sweet onion (thin-sliced, slices quartered)

1 bunch beet greens (stems and leaves chopped separately)

one 8 oz. can sliced water chestnuts (drained)

Teriyaki Sauce

2 cloves garlic (smashed and chopped)

1/2 C. sweet onion (chopped)

1 tsp. canola oil

1/3 C. low-sodium soy sauce

1/2 tsp. Asian garlic pepper sauce

1 C. low-sodium vegetable broth

1 C. orange juice

3/4 C. firmly-packed brown sugar

1/4 C. rice wine vinegar

1/2 tsp. fresh ground ginger

1 T. cornstarch

dissolved in

1/3 C. water

juice from 1/2 of a lime

Garnishes

one 8 oz. can Mandarin orange sections

or

2 fresh mandarin oranges (sectioned)

4 tsp. crumbled feta cheese

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

If you didn't prepare farro earlier today, put some on to cook now. It takes 50-60 minutes to cook. It should have a slightly firm pop when you eat it. It easily cooks while beets are roasting (if you are roasting beets tonight).

Roasted Beets and Meat Choice

Beets:

Be sure to put on some latex gloves before handling cooked beets. When roasted beets are cool enough to handle, rub under cold water to remove loose skins. Slice into 1/4" slices and set aside. (If using beets cooked on Sunday, warm them in the microwave before serving.)

Meat Choice:

Plant-based Chickenless Tenders: place 4 chickenless tenders on an oiled cookie sheet in a 375° oven and bake 8 minutes per side. (You can slide them into the oven while the beets are cooking.) Allow to cool, then slice.

Optional chicken: brown chicken breast on all sides in oil and add 1/2 C. white wine to pan. Cover and cook 5 minutes per side. Allow to cool and thin slice.

Teriyaki Sauce

1. Using a medium-sized saucepan, sauté garlic and chopped onion in oil over medium heat until onion begins to turn translucent.
2. Add remaining ingredients, except cornstarch mixture and lime juice. Bring to a boil. Reduce heat to medium and cook, uncovered, for 5-minutes.
3. Return to a boil and thicken with cornstarch/water mixture. Reduce heat to low and cook another 5-minutes. Add lime juice and remove from heat.

Sautéed Greens

Place broth, soy sauce, balsamic vinegar, garlic and onion in a large, deep sauté pan with chopped stems from greens. Sauté 10 minutes over medium-low heat. Add chopped leaves and toss about 3 more minutes. Serve.

Plate the Meal

Spoon about 3/4 C. farro onto each plate and spoon 1/2 of the greens over and around the farro. Warm drained water chestnuts in the microwave and divide chestnuts, sliced tenders (or optional chicken) and beets over greens. Drizzle 1/4 C. teriyaki sauce over both servings. Garnish with mandarin orange sections and crumbled feta. Enjoy the flavor festival!

What I've Learned from this Recipe

Farro is one of the ultra-nutritious ancient grains. It's a healthy whole-grain choice and delivers a complete supply of complex nutrients. It's lower in gluten than other wheat grains, and can be eaten by those who feel they are gluten intolerant. If you suffer from Celiacs Disease use quinoa.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com