

# Brazilian Farro with Roasted Pineapple

Inspired by our favorite South American flavors. We're tossing farro with delicious cilantro vinaigrette, then mixing in roasted pineapple, sweet potatoes and seasoned sunflower seeds. It's a bowl of deliciousness that will get you planning a trip to Rio.

**30** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

- 2 Rimmed Baking Sheets
- Mixing Bowl
- Saucepan

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

- Farro
- Sweet Potatoes
- Pineapple
- Seasoned Sunflower Seeds
- Cilantro Vinaigrette

## Make The Meal Your Own

**Picky eaters tip** – Serve their portion with olive oil instead of the vinaigrette.

**Omnivore's Option** – Ground turkey is delicious in this dish. Crumble it on the baking sheet with the sweet potatoes and bake both together.

**Make Ahead Tip** – This dish is just as great cold as it is warm. Cook all of the ingredients up to 2 days in advance and assemble everything (step 6) just before serving.

## Good To Know

**If you're making the gluten-free version**, we've given you brown rice instead of farro. Cook the brown rice in boiling water for about 20 minutes, drain and let sit, covered, for 5 minutes.

**Health snapshot per serving** – 770 Calories, 11g Protein, 43g Fat, 90g Carbs, 26 Smart Points

**Lighten Up Snapshot per serving** – 500 Calories, 6g Protein, 15g Fat, 82g Carbs, 16 Smart Points with ½ the sauce and a sprinkle of sunflower seeds.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Sweet Potatoes, Farro, Pineapple, Sunflower Seeds, Olive Oil, Lemon, Apple Cider Vinegar, Cilantro, Brown Sugar, Garlic, Spices

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## 1. Getting Organized

Preheat your oven to 400 and put a saucepan of water on to boil.

## 2. Cook the Farro

Salt the boiling water and add the **Farro**. Cook until al dente, about 25 to 30 minutes. Drain, and then return to the pot until you're ready to eat.

## 3. Roast the Sweet Potatoes

Put the **Sweet Potatoes** on a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer. Bake until golden brown, about 20 to 25 minutes, stirring once halfway through.

## 4. Roast the Pineapple

While the sweet potatoes are cooking, put the **Pineapple** on to a rimmed baking sheet. Drizzle with 1 tsp of olive oil and bake until golden brown, about 12 to 15 minutes.

*There's no need to stir the pineapple while it's cooking.*

## 5. Toast the Sunflower Seeds

Put the **Seasoned Sunflower Seeds** into a mixing bowl and add 1 tsp of water and ½ tsp olive oil. Mix well, then drain any excess liquid. Add the seeds to one of your baking sheets if there is room (if not, use a clean baking sheet). Bake until they start to blacken in places, about 7 to 10 minutes, stirring once halfway through.

*Use a large mixing bowl for this so you can use it when you toss the entire meal in Step #6.*

## 6. Put It All Together

Combine the farro and sweet potatoes in a large mixing bowl with the **Cilantro Vinaigrette**. Mix well, then serve topped with the seeds and pineapple.

*Love this recipe?  
#meezmagic*

Instructions for two servings.  
**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**