

# Farro with Roasted Vegetables and Lemon

## Ingredients (*Bowls*)

- 2 c cooked farro
- 1 medium head broccoli, cut into florets
- 1 15-ounce can chickpeas      2 T olive oil
- 2 handfuls spinach      1/2 onion, thinly sliced
- 1/3 c slivered almonds
- 1/2 avocado, sliced

## *Lemon Herb Dressing*

- 1/4 c hummus
- Juice and zest from 1/2 lemon
- 2–4 T warm water
- 2 garlic cloves, pressed or minced
- 1 T dried Italian herbs, dill, OR oregano

## Directions

Preheat oven to 425 degrees F. Spread broccoli florets and chickpeas on a baking sheet. Drizzle with 2 T olive oil and toss to coat. Roast 15–20 minutes, turning once.

Combine dressing ingredients in a mason jar with a lid and shake well, or whisk in a small bowl.

Heat cooked farro, if starting from frozen or chilled, and assemble bowls. Top farro with broccoli and chickpeas, add spinach, onion, almonds and avocado. Drizzle with dressing and enjoy.

