

# Farro and Cauliflower Casserole



FOODSERVICE

SERVING SIZE: 6

## Ingredients

- 2 cups **Furmano's Fully Cooked Farro**, Drained & Rinsed
- 4 cups Cauliflower, cut into florets
- 1/4 cup Olive Oil
- 2 tablespoons Capers, Drained
- 2 tablespoons Fresh Garlic, Minced
- 1/2 teaspoon Lemon Zest
- 2 teaspoons Red Pepper Flakes
- 2 cups Gruyere, Grated
- 1/2 cup Ricotta Cheese
- 1/2 cup Panko Bread Crumbs
- 1/3 cup Parmigiano-Reggiano, Grated
- 1 tablespoon Olive Oil
- 2 tablespoons Parsley, Chopped
- 1 teaspoon Black Pepper Flakes
- 2 teaspoons Salt

## In This Recipe



Fully Cooked Farro - 24 oz.



Fully Cooked Farro - 96 oz.

## Preparation

1. Preheat oven to 400F
2. Heat two tablespoons of Olive Oil in a large saute pan over medium high heat. Add half the Cauliflower and saute, tossing every few minutes, until lightly browned and tender. Reserve. Repeat with remaining Cauliflower and two tablespoons Olive Oil.
3. In a mixing bowl add Farro, Cauliflower, Lemon Zest, Capers, Red Pepper Flakes, Gruyere and Garlic. Toss and Reserve.
4. In a mixing bowl add Panko, Parmigiano-Reggiano, Parsley, Olive Oil, Salt and Pepper.
5. To assemble casserole: In an oiled 10 inch casserole dish, add half the Farro/Cauliflower mixture. Dollop Ricotta Cheese over mixture. Pour rest of Farro Mixture over Ricotta.
6. Add Panko mixture to top of Farro/Cauliflower casserole. Bake for twenty minutes or until crusty and brown.

