



mix it up

The Culinary Medicine Cookbook for
Mixing Things up in the Kitchen

Nutrition Tip: Whole grains undergo minimal processing, which helps preserve their outer layers, which provide fiber and B vitamins. In contrast, refined grains have these outer layers removed and retain only the starchy endosperm, leading to a softer texture and quicker cooking time but minimal nutrients. Pseudograins are technically seeds that function like grains; they require little processing to cook quickly while naturally remaining rich in fiber, protein, and essential minerals. Furthermore, they are inherently gluten-free, making them versatile for various dietary needs. The topping in this recipe can add a lot of sodium, so if a low-sodium option is desired, choose a plain vegetable topping rather than the salted pistachios.

Culinary Tip: This recipe calls for non-starchy vegetables. Enjoy them raw for a crunchy bite; or, try using frozen cooked vegetables or roasted vegetables from the recipe in this book for a softer texture. You can also experiment with various grains. Quinoa, a pseudograin, offers a light, fluffy texture and a nutty flavor. Millet, especially fonio, is a grain with a soft, mildly sweet taste reminiscent of corn. Pearled farro and barley are quick-cooking wheat grains with a chewy, hearty texture that holds up well in the refrigerator. If time allows, you can cook regular (i.e., unpearled) farro or barley (or other grains) that retain the bran.

Farro Grain Bowl with Salmon and Dill

Grain bowls may be trendy, but their cultural roots extend far beyond the recent surge in fast-casual salad spots and cafés. Dishes like Indian *thali*, Korean *bibimbap*, and Ethiopian *beyaynetu* have long celebrated the balance of grains, proteins, and vegetables, showcasing the rich culinary traditions that inspire today's modern grain bowls.

Total time: 55 minutes **Active Time:** 10 minutes **Inactive Time:** 45 minutes

Yield: 4–5 servings as a meal **Equipment:** rice cooker, large mixing bowl, small bowl, measuring spoons, measuring cups, chef's knife, gripper cutting board, metal colander; optional garlic press

Ingredients

- 1 cup dried farro
- Water (as needed for specific rice cooker or described in Grain Guide on page 40)
- 1 large carrot, peeled and sliced
- 1 cup green beans (preferably haricot vert), trimmed
- 10–15 ounces cooked salmon
- 1 cup sliced cucumber rounds
- ½ cup minced scallion
- ¼ small bunch fresh dill, finely chopped
- 1 cup unsweetened 2% Greek yogurt
- 1 garlic clove
- ¼ teaspoon fine sea salt
- ½ lemon
- ½ cup chopped pistachios

Directions

1) Cook the farro

Rinse the farro. Bring 4–6 cups of water to a boil, then add the farro and reduce heat to medium-low, cover, and simmer for 30–40 minutes until tender. If the water absorbs and the grain is still firm, add more water, ½ cup at a time. Once soft, remove from heat and drain any excess water. Let cool.

2) Prepare the carrot and green beans

In a small 1 quart pot, boil 4–5 cups of water. Once boiling, lower the green beans into the water and cook for 4–5 minutes until tender. Remove from the water when done and set aside to cool. In the same pot of boiling water, lower the sliced carrot and cook for 4–5 minutes until tender. Drain the carrots when done and let cool.

3) Prepare the dressing

In a small bowl, combine the Greek yogurt, salt, and dill. Zest the lemon half into the bowl and then squeeze in the juice. Finely mince the garlic clove, or use a garlic press, and add garlic to small bowl with yogurt dressing. Stir gently to combine and let rest a few minutes.

4) Assemble, enjoy, and store

Add the farro to the base of each serving bowl. Add the carrot, green beans, and cucumber around the side of the serving bowl. Gently break apart the salmon (if whole) and add a portion to each bowl. Spoon a portion of the yogurt dill dressing into one side of each bowl. Top with the scallion and chopped pistachios. Store leftovers in an airtight container in the refrigerator for up to 3 days.

This recipe follows a framework presented in the *Mix It Up* cookbook. The book presents dozens of other frameworks and various resources to equip you to use recipe frameworks to make your own delicious dishes.

