

Spelt Farotto with Tuna and Artichokes by the Kitchen



Pics by Faith Hopler

Serves 4

Ingredients

Coconut Oil or Olive Oil

1 1/2 cups [spelt](#) or the red and green pepper spelt mix from Trader Joe's (see picture below)

3 cups chicken broth

8-12 ounces artichoke antipasto or chopped jarred artichokes

1 small can good tuna, packed in oil

Two large handfuls of flat parsley, chopped

About half a cup of shaved Parmesan or pecorino cheese

Salt and pepper



Method:



Heat a little olive oil in a large sauté pan over medium heat. Add the spelt and cook until slightly toasty and coated in oil - about 2 minutes.



Add the chicken broth, one cup at a time, stirring frequently but not constantly. Add more as it looks dry. The spelt will probably take 30-40 minutes to cook. Just keep an eye on it and make a salad or cut up some vegetables; it doesn't need to be stirred all the time. When the spelt berries are chewy and al dente, and most of the liquid has evaporated, turn the heat to medium high, and add the artichokes and tuna. Cook until heated through.

Add the parsley and cook until wilted, then take off the heat and taste. It won't need much salt, but perhaps a little pepper.



Tip: shave the Parmesan with a vegetable peeler into bite-sized curls.

Toss with the Parmesan and serve.

The Balanced Body Center

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