

RECIPE

BBQ Spiced Carrots, Farro & Citrus Ricotta

4 servings

Ingredients

2 cups cooked Farro

For the Carrots

1 pound rainbow, roll cut carrots (wash well and keep peels on carrot)

1 tbsp. extra virgin olive oil

1/8 cup mesquite bbq seasoning

1 tsp. kosher salt

For the Ricotta:

2 cups whole milk ricotta cheese

1 tsp. fresh lemon zest

1 tsp. sriracha sauce

1 tsp. chopped fresh thyme

Making the bowls:

1 tbsp. extra virgin olive oil

1/4 cup chopped fresh cilantro

1 tbsp. honey

1 tbsp. fresh lemon juice

Garnish: 2 each lemons, cut in half

Cook Farro as directed on package.

For the Carrots: Preheat the oven to 350F.

Toss the carrots in oil, spices and salt and place the carrots on a baking sheet and roast for 15-20 minutes or until tender. Stir the carrots halfway through the baking time.

For the Ricotta: In a small mixing bowl combine the ricotta cheese, lemon zest and hot sauce and thyme. Mix well and set aside.

Assembling the bowls: In a large mixing bowl combine the BBQ carrots, farro, olive oil, cilantro, honey and lemon juice.

Spread 1/4 cup of the ricotta blend on the bottom of each bowl or plate. Top the ricotta blend with 1 cup of the BBQ carrot faro blend. Garnish with a 1/2 of lemon