



## BLACK BEAN FARRO WITH AVOCADO

### Ingredients:

3 cups pre-cooked farro  
Salt and pepper  
1 1/2 Tbsp. olive oil  
2 oz. mixed onion, shallots, garlic, finely chopped  
1 can Bush's Black Beans  
1/2 cup corn (or chili corn salsa)  
1/2 cup salsa  
1/2 tsp. cumin  
1 avocados, sliced  
1/2 cup feta cheese, crumbled  
1/2 cup cilantro leaves, chopped

### Instructions:

1. Sauté onion mixture in olive oil. Drain the beans and add to the onions. Add the corn, salsa, and cumin. Salt and pepper to taste.
2. Layer precooked farro (heated) on a large platter. Layer the bean mixtures on top, ending with layered avocado, feta, and chopped cilantro leaves. Serve!

### Nutritional Information:

- Servings: 6
- Servings size: 3/4 cup
- Calories: 273 kcal
- Fat: 7 g
- Saturated Fat: 2.4 g
- Unsaturated Fat: 4.1 g
- Cholesterol: 11.1 mg
- Sodium: 240.7 mg
- Carbohydrates: 42.2 g
- Fiber: 4.6 g
- Sugar: 2.3 g
- Protein: 10.5 g