

September 11, 2015

WELLNESS WIRE



Health bowl-centric dining is having a serious (and delicious) moment, as evidenced by smoothie bowls all over Instagram, the macro bowl revival, and restaurants like Edibol in Los Angeles where there's a "who needs plates?" philosophy in effect.

Now Lexington Brass, a healthy-leaning American brasserie in Manhattan's Midtown East, has brought "it grain" farro into the mix for a bowl that's super nutritious and filling.

"Farro is high in protein and fiber, and it has a rice-like texture that's preferred by more consumers than quinoa," finds executive chef John Beatty (seven grams of protein and fiber per quarter uncooked cup).

So, whip up this version from Lexington Brass, or toss in whatever produce in your fridge might be at the brink of use-it-or lose-it, for an easy weeknight dinner. —*Jamie McKillop*

Lexington Brass' Farro Health Bowl

Makes one serving

- 1 cup cooked farro
- ¼ cup chopped heirloom tomatoes
- ¼ cup chopped seedless cucumbers
- 2 Tbsp feta cheese, cubed
- 2 Tbsp olive oil
- 1 tsp fresh squeezed lemon juice
- 1 Tbsp toasted white sesame seeds
- 1 Tbsp sumac spice
- 1 sunny side up egg

In medium-size mixing bowl, combine farro, tomatoes, cucumber, olive oil, sumac, and lemon juice, and season with salt and pepper. Top with toasted sesame seeds and a fried egg. Garnish around the sides with the feta. Lexington Brass adds falafel as well (can be store-bought, or your own recipe—we like [this one from The Kitchn](#)).