



# FIGURE FRIENDLY FARRO: Your New Favorite Grain

Cost: \$12



Thursday, January 22

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Hy-Vee Club Room

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6:00 p.m. – 7:00 p.m.

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With  
Kayla Aman,  
RD, LN

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## Menu:

Farro with Pistachios &  
Herbs

Mediterranean Farro Salad  
with a seasoned chicken  
breast

Tuscan Kale and Farro  
Soup