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Farro Salad with Veggies and Herbs

Farro (pronounced Far-Oh) is an ancient whole grain that has a deliciously nutty flavor and pleasantly chewy texture. You can find Bob's Red Mill brand at both Whole Foods and Fresh Market.

Ingredients

3 cups water
10 ounces farro (about 1 1/2 cups)
2 teaspoons salt
1-2 pints grape tomatoes, cut in halves (I used red and yellow for color)
1 cup Vidalia onion, chopped
1/4 cup chopped fresh chives
1/2 cup finely chopped fresh Italian parsley leaves
2 ounces crumbled feta
1 zucchini, processed into ribbons with vegetable peeler
1 large garlic clove, minced
2 tablespoons balsamic vinegar
1/4 teaspoon salt
Freshly ground black pepper
3 Tablespoons extra-virgin olive oil

Directions

Combine the water and farro in a medium saucepan. Add 2 teaspoons of salt to water and stir. Bring to a boil over high heat. Reduce the heat to medium-low, cover, and simmer until the farro is tender, about 40 minutes. Drain well, and then transfer to a large bowl to cool.

Add the grape tomatoes, onion, chives, parsley, and feta to the farro, and toss to combine. Lay zucchini on its side and run vegetable peeler along length to form ribbons. Stir zucchini ribbons gently into farro mixture.

In a medium bowl, whisk together the garlic, vinegar, salt, pepper, and olive oil. Add the vinaigrette to the salad and toss to coat. Let flavors come together for an hour or two or overnight before serving.

Servings: 8

Nutrition Information

Calories: 233 Fat: 8 g Saturated Fat: 1.5 g Sodium: 376 mg
Carbohydrates: 32 g Fiber: 6 g Protein: 7 g