



Farro Salad

Serves: 6

Ingredients:

4 cups water

10 ounces Farro (about 1 1/2 cups)

2 teaspoons salt

1 pint cherry tomatoes cut in half

2 cups of raw spinach

1/2 cup green onions, chopped

1/4 cup snipped fresh chives

1/4 cup finely chopped fresh parsley

1 large garlic clove, minced

2 tablespoons balsamic vinegar

Freshly ground black pepper & salt (to taste)

1/4 cup extra-virgin olive oil

Directions:

Combine the water and farro in a medium saucepan. Add 2 teaspoons of salt. Bring to a boil over high heat. Reduce the heat to medium-low, cover, and simmer until the farro is tender, about 30 minutes. Drain well, and then transfer to a large bowl to cool.

While farro is cooking prepare the other ingredients. (Cut, chop, and mince)

Add the tomatoes, spinach, onion, chives, and parsley to the farro, and toss to combine.

In a medium bowl, whisk together the garlic, vinegar, salt, pepper, and olive oil. Add the vinaigrette to the salad and toss to coat.

The salad can be refrigerated overnight. Bring to room temperature before serving.



