

GREEK FARRO SALAD

INGREDIENTS

1 cup	Cooked Farro
	1/2 cup uncooked Farro
	1 1/2 cups water or vegetable stock
1 can	Garbanzo beans Canned (12-15 ounces)
1 medium	Cucumber, chopped
8 ounces	Roasted red peppers (1/2 of a 16 ounce can)
1 small	Red onion, minced
1 jar	Artichoke hearts quartered (6 ounces)
10	Green olives chopped or sliced
1	lemon (juice only)
1/4 cup	Canola/ Oil blend
3 Tbsp	Balsamic vinegar
3 cloves	Garlic, peeled and chopped
3/4 cup	Fresh parsley, chopped
2 ounces	Crumbled Feta Cheese
	Salt and pepper to taste

METHOD

FARRO PREPARATION

In a pot, place 1/2 cup uncooked Farro that has been rinsed and drained, and 1 1/2 cups water or vegetable stock.

The stock or water must cover the Farro. Bring to a boil, reduce the heat to medium-low and simmer for 30 minutes.

Drain the excess liquid.

FOR THE SALAD

In a large bowl, mix together the cooked and drained Farro, garbanzo beans, cucumber, roasted red peppers, onion, artichoke hearts and olives.

In a small bowl whisk the olive oil, vinegar, lemon juice, garlic and salt. Add pepper to taste. (Alternative: Use store bought balsamic vinaigrette)

Add in parsley and feta cheese. (Omit feta cheese for vegan option)

GET THE
RECIPE HERE:



NUTRITIONAL INFORMATION PER SERVING

RECIPE SERVES 7

CALORIES 284 | FAT 12G | PROTEIN 9.6G | CARB 37G | FIBER 7G | CALCIUM 14% | IRON 13% |
VITAMIN A 20% | VITAMIN C 43%

FUN FACT: Not only is farro delicious in salads, but it is just as great in soups, breakfast dishes, risotto and so much more. Due to its high fiber content as well as various vitamins, it has become a wonderful substitute in dishes all around the world.