

FARRO SALAD WITH HERBS & WALNUTS

SERVES 4



INGREDIENTS

3/4 cup farro
1 1/4 c water
2 stalks of celery, finely chopped
1 green onion, chopped
1/2 c each fresh parsley & basil, finely chopped
1/2 cup chopped walnuts, toasted
1/2 c dried tart cherries (or cranberries)
3 tablespoons of olive oil
2 tablespoons lemon juice
Salt and pepper to taste

DIRECTIONS

In a large sauce pot, combine the farro and water. Bring to a boil. Lower the heat, cover and simmer until farro is tender - about 30 minutes. Drain any remaining water and let the grain cool.

Meanwhile, in a mixing bowl, combine all remaining ingredients.

Toss in the cooled farro and season with salt and pepper to taste.

Option: you can change the walnuts to a nut of your choice. You can also use pomegranate in place of the cherry.

Tip : to toast walnuts, add them to a dry skillet over medium- high heat and cook until fragrant (3-5 minutes). Stir or toss occasionally and pay attention so they don't burn.

NUTRITION FACTS

Per serving: 388 Calories, 8g Pro, 45g Carbs, 4g Fibre, 20g Fat (2 g Sat Fat)

