

MEDITERRANEAN FARRO SALAD

4-5 servings

Ingredients

- 1 cup whole-grain farro, rinsed
- 1 small red onion, finely diced
- 1 + ½ cup **cherry tomatoes**, quartered
- 2 **Persian cucumbers**, diced (about 1 + ½ cups diced)
- 1 large **bell pepper**, diced (or 6 oz. **roasted red pepper**, diced)
- 4 cups **baby arugula**¹
- ½ cup mint leaves, finely chopped
- ½ cup walnuts, toasted and roughly chopped
- ⅔ cup **pitted olives**, sliced into rounds
- ¾ - 1 cup feta (6 oz.), patted dry & crumbled

For the Vinaigrette

- 3 tbsps. extra virgin olive oil
- 2 tbsps. red wine vinegar
- ½ **lemon**, juiced (about 1 tbsp. juice)
- 1 clove garlic, minced
- 1 tsp Dijon mustard
- 1 tsp dried oregano
- ½ tsp each kosher salt and freshly cracked black pepper, or to taste

Optional: **Red chili** flakes

Notes

- Substitute with roughly chopped **kale**, massaged to soften.

Instructions

1. Fill a medium pot halfway with salted water; add the bay leaf and bring to a boil.
2. Add the rinsed farro, reduce the heat and simmer, stirring occasionally.
3. Cook until the farro is tender but still chewy, about 30-40 minutes.
4. Strain the farro and transfer to a large bowl to cool. Remove the bay leaf.
5. Meanwhile, prep all the remaining vegetables and add-ins as listed.
6. Once the farro has cooled, add all the prepped ingredients, and drizzle the vinaigrette over top. Toss to combine. Taste & adjust seasonings as desired.

For the Vinaigrette

1. Combine all ingredients in a mixing bowl and vigorously whisk to combine. Alternatively, add to a jar and shake.
2. Taste and season with optional red chili flakes and/or additional salt or black pepper as desired.