



Farro Salad

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Category: Salad/Side

Preparation Time: 25 min

Cooking time: 10-12 min

Servings: 8

Ingredients:

1 8.8 oz bag of Trader Joe's 10 minute farro

4 cups chicken broth

1 bay leaf

1 large shallot sliced very thinly

2 cups arugula

1 apple diced (your choice)

½ cup crumbled feta cheese

⅓ cup dried cranberries

2 Tbsp fresh parsley - chopped

¼ cup toasted chopped pecans

⅓ cup olive oil

3Tbsp apple cider vinegar

1 Tbsp dijon mustard

2 tsp honey

1 tsp salt

Step 1: In a medium sauce pan, bring the chicken broth to a boil. Add the bay leaf and the farro and boil gently for 10-12 min, stirring occasionally until the farro is tender. Drain any remaining liquid and transfer to a large bowl. Set aside to cool.

Step 2: In a small saute pan, heat the olive oil on medium high. When hot, add the sliced shallots. When the shallots begin to bubble, reduce the heat to medium-low and allow them to cook for 15-20 minutes, stirring occasionally until they are golden in color. With a slotted spoon, remove the shallots and place on a paper towel lined plate. Season with salt and set aside to cool.

Step 3: in a separate bowl, whisk the vinegar, mustard, honey and cooled olive oil together. Season with salt and pepper. Add the arugula, apples, feta, cranberries, parsley and pecans to the farro and toss to mix. Pour the dressing over the salad and mix to coat. Top with crispy shallots.

Buon Appetito!