

# Fantastic Farro Salad

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**Category:** Salads

**Servings:** 8 - 4 oz servings

**Preparation Time:** 25 min

**Cooking Time:** 35 min

## A note before you start:

This delicious low cal grain salad is packed with flavor, a perfect side for a summer barbeque!

## Ingredients:

- 8.8 oz bag of Trader Joe's 10 min Farro
- 4 cups chicken broth
- 1 tsp kosher salt
- 1 bay leaf
- 1 large shallot, very thinly sliced
- 1/3 cup extra virgin olive oil
- 3 Tbsp apple cider vinegar
- 1 Tbsp dijon mustard
- 2 tsp honey
- Freshly ground black pepper
- 2 cups arugula, chopped
- 1 green or red apple, chopped
- 1/2 cup feta cheese
- 2 Tbsp freshly chopped parsley
- 1/4 cup toasted pecans or walnuts broken into pieces

## Step 1:

In a medium saucepan, bring chicken broth to a boil. Then add farro and bay leaf and boil gently for 10-12 minutes, stirring occasionally until farro is tender. Drain any remaining liquid and transfer to a large bowl. Set aside to cool.

## Step 2:

In the meantime, in a small saucepan over medium heat, combine oil and shallots. When the shallots begin to bubble, reduce heat to medium-low for about 15-20 minutes, stirring occasionally until shallots are golden and crisp. With a slotted spoon, remove shallots from oil and place on a paper towel lined plate. Season with salt. Set oil aside and let it cool.

## Step 3:

Dressing: combine cooled olive oil with vinegar, mustard, and honey in a measuring cup. Season with salt and pepper. Mix well.

## Step 4:

Assemble salad by combining the cooked farro, crispy shallots, arugula, apple, feta cheese, parsley, and nuts. Drizzle dressing over salad and toss to coat.

**Buon Appetito!**

