



## Farro Crunch Salad

SERVINGS: 6

PREPPING TIME: 15 MINS

COOKING TIME: 30 MINS

### INGREDIENTS

- 1 cup whole farro (cooked according to package instructions)
- 1 small cucumber, diced
- 1 red bell pepper, diced
- 1 cup cherry tomatoes, halved
- 1/2 small red onion, finely chopped
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh basil, chopped
- 1 15 oz. can chickpeas, drained and rinsed
- 1/4 cup toasted walnuts

#### Dressing:

- 2 tbsp. extra virgin olive oil
- 4 tbsp. balsamic vinegar
- 2 tsp. Dijon mustard
- Salt and pepper to taste

### DIRECTIONS

1. In a medium pot, cook 1 cup of farro according to package instructions. Drain and set aside to cool.
2. Dice the cucumber, bell pepper, and onion. Halve the cherry tomatoes and chop the parsley and basil.
3. In a small bowl, whisk together the olive oil, balsamic vinegar, Dijon mustard, salt, and pepper.
4. In a large mixing bowl, combine the cooled farro, vegetables, chickpeas, and walnuts. Pour the dressing over the salad and toss to combine. Garnish with extra herbs or seeds and serve chilled or at room temperature.

### NUTRITION

Serving size: 1 1/2 cups  
(per serving) 313.1 calories, 10.5g fat, 1.2g saturated fat, 0mg cholesterol, 216.9mg sodium, 47.4g carbohydrate, 10.4g fiber, 7.1g sugar, 11.1g protein