

Summer Farro Salad

Serves 4 – 6

This hearty salad is our go-to dish when we arrive home from the farmers' market with loads of beautiful, fresh vegetables. The farro base and mustard dressing combine delightfully with any combination of chopped veggies, but we've included our favorites here. Enjoy!

Ingredients:

1-1/2 cups farro
3 cups vegetable broth
1 teaspoon kosher salt
1 can (16 oz.) chickpeas, drained
2 ears corn, grilled
2 cups baby kale, torn into small pieces
1 English cucumber, diced
1 carrot, finely shredded
4 scallions, thinly sliced
8 oz grape tomatoes, halved

1 cup Feta cheese, crumbled
2 avocados, diced
3 tablespoons fresh basil, chopped

Dressing:

1/2 cup white wine vinegar
1/2 cup olive oil
2 tablespoons stone-ground mustard
2 cloves of garlic, crushed
1 teaspoon Kosher salt
1 teaspoon freshly ground black pepper

Directions:

1. COOK the farro in the vegetable broth seasoned with salt over low heat for 20 minutes or until the grains become tender.
2. DRAIN and RINSE the chickpeas, set aside in a bowl.
3. GRILL the corn ears for 12 minutes, 3 minutes per side. CUT the kernels from the corn cobs.
4. GRATE the carrot. WASH and thinly slice the scallions. Halve (or quarter) the cherry tomatoes.
5. CRUMBLE the feta cheese. Dice the avocados.
6. MIX the dressing ingredients together with an immersion blender or by whisking vigorously. POUR the mixed dressing over the cooked farro. Allow the farro to cool before adding the remainder of the ingredients.
7. ADD the vegetables and cheese to the cooked farro and toss to combine evenly. Enjoy, or refrigerate if serving later.