

Apple Farro Salad



Makes 4 ($\frac{2}{3}$ cup) Servings

Ingredients:

- 1 cup whole grain farro
- 2 cups low sodium vegetable broth
- 1- $\frac{1}{2}$ tsp kosher salt
- 1 bay leaf
- 1 large shallot, very thinly sliced
- $\frac{1}{3}$ cup extra virgin olive oil
- 3 Tbsp. apple cider vinegar
- 1 Tbsp. Dijon mustard
- 2 tsp. honey
- Freshly ground black pepper
- 2 cups lightly packed arugula
- 1 green apple, chopped
- $\frac{1}{2}$ cup shaved parmesan cheese
- $\frac{1}{4}$ cup freshly chopped basil
- $\frac{1}{8}$ cup freshly chopped parsley
- $\frac{1}{4}$ cup toasted pecans, roughly chopped

Directions:

1. In a medium saucepan, combine farro, vegetable broth, salt and bay leaf. Bring to a boil, then reduce to a simmer and let cook, stirring occasionally, until farro is tender and no broth remains, about 30 minutes. When farro is cooked, transfer to a large bowl to cool.
2. In the meantime, make fried shallots: in a small saucepan over medium heat, combine oil and shallots. When the shallots begin to bubble, reduce heat to medium-low and cook, stirring occasionally, until shallots are golden and crisp, 15 to 20 minutes. Remove shallots from oil with a slotted spoon and place on a paper towel-lined plate and season with salt. Let oil cool.
3. Make dressing: in a medium bowl, combine the cooled olive oil with vinegar, mustard, and honey and season with salt and pepper.
4. Assemble salad: combine cooked farro, crispy shallots, arugula, apple, parmesan, basil, parsley and pecans. Drizzle dressing over salad and toss to coat.

Nutritional Facts Per $\frac{2}{3}$ cup Serving

Calories: 164 • Fat: 11g • Sodium: 296mg •
Carbohydrates: 3g • Dietary Fiber: 0g • Protein: 12g

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