

Farro Arugula Salad

Yield: 6 servings

Prep Time: 10 min

Cook Time: 30 min

Total Time: 40 min

Ingredients

- 1 cups Farro , raw
- 3 cups low sodium vegetable stock
- 1/3 cup Lemon juice
- 1 Tbsp Honey
- 3 Tbsp Rice Vinegar
- 1 Tbsp Dijon Mustard
- 1 Tbsp Garlic Clove, peeled
- 1/2 tsp Ground Cumin
- 1/2 tsp salt
- 1/3 cup Olive Oil
- 1/2 cup Red Bell Pepper , diced
- 1/2 cup Yellow Bell Pepper , diced
- 4 cups Fresh Arugula



Preparation

1. Place uncooked Farro in a pot and add stock. Bring to a boil; reduce heat to medium-low, cover, and simmer 30 minutes or until tender and all liquid is absorbed.
2. Fluff with fork, let cool, and set aside.
3. In a large stainless steel mixing bowl, combine juice, honey, vinegar, Dijon mustard, cumin and salt.
4. While mixing, drizzle oil to create an emulsion. Keep dressing refrigerated until ready to use.
5. To make salad, combine Farro, peppers and arugula.
6. Before serving, toss Farro salad evenly with dressing.

Nutritional Information

Per serving:

Calories: 262
Total fat: 14 g
Saturated fat: 2 g
Cholesterol: 1mg
Total carbohydrates: 31g
Fiber: 2g
Sugar: 5g
Protein: 4g
Sodium: 226mg
Potassium: 216mg