



FALL FARRO SALAD

RECIPE MAKES 4 servings
SERVING SIZE = 1 cup

NUTRITION INFORMATION

Calories: 348

Total Fat: 20 g

Saturated Fat: 2 g

Cholesterol: 0 mg

Sodium: 105 mg

Total Carbohydrate: 41 g

Fiber: 6 g

Sugars: 13 g

Protein: 4 g

Marion County Public Health Department

NUTRITION SERVICES



FALL FARRO SALAD

Salads are usually built upon a base of leafy greens, and while leafy greens are delicious and nutritious – sometimes you need a more substantial salad to keep you full and satisfied. Along with leafy greens, this hearty salad features farro as a base to give it more staying power. Farro has a nutty flavor that pairs well with other fall flavors like apples and pecans, but of course this salad can be enjoyed any time of year. This recipe makes an excellent side dish, or make it a meal by adding your favorite protein like tofu, toasted chickpeas, or meat.

INGREDIENTS

1 cup of uncooked farro (about 2 cups cooked)

2 medium apples, diced

4 cups of salad greens, chopped

½ cup toasted pecan halves (or other toasted nut of your choice)

Dressing:

1 garlic clove, minced

2 tsp Dijon mustard

½ cup olive oil

½ cup apple cider vinegar

2 Tbsp maple syrup

Pinch of salt and pepper

DIRECTIONS

Rinse 1 cup of farro in a mesh strainer with cold water.

Optional: toast the drained farro for a nuttier flavor. Add a teaspoon of olive oil to the pot you plan to cook it in. Toast it on medium heat and stir frequently until it begins to smell nutty (3-5 minutes).

Add 3 cups of water or broth to the pot with the farro and bring to a boil, simmer for 20-30 minutes or until it's soft and chewy. Drain any excess water. Fluff with a fork and let it cool slightly.

While the farro cooks, dice the apples and greens.

Make the dressing by combining all the ingredients in a leakproof jar with a lid, and shake.

Toss the farro, apples, greens and pecans in a bowl. Stir in the dressing and toss to coat.

RECIPE NOTES

What is Farro? Farro is a type of wheat. It is considered an ancient grain and has been around for a long time, but is less popular than many modern grains. It tastes like brown rice but has a nuttier flavor and a pleasantly chewier texture. It is a whole grain and good source of fiber, magnesium, and iron. Compared to other grains, it is higher in protein with about 10 grams of protein per cup. It can be substituted in many recipes that use pasta, rice, or other grains and makes a great addition to soups, salads, and pilafs.

If you would like to speak to a dietitian or are interested in nutrition programming, call: 317-221-7512 or 317-221-7403.