

## Minty Farro Salad

(6 servings as a side dish)



1 Cup Farro  
1 ½ Cups Water  
8-10 radishes – sliced or chopped  
½ English Cucumber - chopped  
2-3 handfuls of greens (chard, arugula, kale)-sliced into ribbons or torn  
1/3 cup sliced kalamata olives.  
½ Cup chickpeas  
1 lemon  
½ cup chopped chives – you could use scallions  
1/3 cup chopped mint  
1/3 cup chopped parsley  
¼ cup or more olive oil  
2-3 T of red wine vinegar  
Salt and pepper

This recipe is very forgiving – in fact, when I make a grain salad, I rarely measure ingredients (except when I am writing a recipe) and often my best recipes come from what I have on hand. I suggest using this as a guideline and use other vegetables if you have them on hand. Sliced cherry tomatoes would be a great addition if they are in season. Feta cheese for dairy eaters would also be great.

Pour the farro into boiling water and simmer for about 30 minutes or until water is absorbed (check package, some may take longer). Let cool and put into large bowl, fluff it/separate with fork. Add all the ingredients through the parsley and toss to combine. Add the juice from lemon and the olive oil salt and pepper. Depending on how juicy the lemon you will add a little vinegar to taste, acidity comes from the lemon. If you prefer you could use more lemon and skip the vinegar.

Update July 2022:

I have made variations of this salad many times and thought I would provide some additional suggestions. The variation I made below contained the following:

- Eliminate the mint and chives. Herbs were fresh basil, rosemary and parsley.
- Eliminate vinegar, dressing was lemon juice and olive oil.
- In addition to the vegetables and legumes above, added: roasted Brussel sprouts, broccoli and summer squash and eggplant (because I had them).
- Added raw sliced sugar snap peas.
- Lots of salt and pepper.

Yum!