

Mediterranean Farro Salad



Salad Ingredients:

- 1 cup Organic Farro dry (208 g)
- 2 cups Arugula
- 1 cup Cherry Tomatoes, halved
- 1 cup Cucumber, diced
- 1 cup Kalamata Olives, rough chopped
- 1 cup Marinated Artichoke Hearts, rough chopped
- ½ cup Red Onion, diced
- ½ cup Parsley, chopped
- ¼ cup fresh Mint, chopped
- ½ cup crumbled Feta

Dressing Ingredients:

- ¾ cup Olive Oil
- ¼ cup Red Wine Vinegar
- 2 Tbsp fresh squeezed Lemon Juice
- 2 cloves Garlic, minced
- 2 tsp Sea Salt
- 1 tsp Black Pepper
- 1 tsp Dried Oregano

1. Place the farro in a pot with 3 cups water. Bring to a rapid boil, then reduce heat to medium and allow to cook for 25 minutes, or until al dente. Remove from heat, rinse and set aside to cool while you prep the salad ingredients.
2. Place all salad ingredients into a large bowl. Set aside.
3. Place all dressing ingredients into a canning jar (or other jar with tight fitting lid) and shake vigorously to emulsify. Pour half the dressing over the salad mixture and toss thoroughly to fully coat. You can add more dressing to taste, or save remaining dressing for other uses.