



Farro Salad with Roasted Vegetables

Yields 8-10 Servings

INGREDIENTS:

- 1 1/2 cups pearled farro
- 1/3 cup olive oil or avocado oil
- 1 medium red onion, diced
- 2 red peppers, diced
- 2 small eggplants (about 1.5 lbs. total) skin on, diced into small cubes
- 2-3 small zucchini, diced
- 1 (14 oz.) can cannellini or chickpea beans, drained and rinsed
- 1 1/2 tsp. salt and 1 tsp. black pepper or 1 3/4 tsp. PGS (Pastagirl Seasoning)
- 1 cup cherry tomatoes, halved
- 1 lemon, juiced
- 10-12 fresh basil leaves, chiffonade
- Feta cheese, crumbled (optional)

Balsamic Lemon Vinaigrette:

- 2 Tbs. white balsamic vinegar
- 1 Tbsp. lemon juice
- 1 clove of garlic, minced
- 1 tsp. Dijon mustard
- 3 Tbsp. extra virgin olive oil
- Salt and pepper or PGS to taste



Farro is a whole grain wheat that has been a staple in Italian and Mediterranean cuisine for thousands of years. It is an excellent source of plant based protein, fiber, and is rich in vitamins and antioxidants including iron and magnesium. It has a delightful nutty flavor and chewy texture; it is also low in calories.

It can be served warm or cold. I enjoy preparing it with seasonal roasted vegetables, cheeses, nuts, and a delicious vinaigrette. Because it is a type of wheat, farro is not gluten-free.

INSTRUCTIONS:

Farro

1. Cook farro according to instructions on package. Each brand may differ, but note farro takes a lot more water than pasta. You can cook it up to 1 week ahead, stored in airtight container in refrigerator.

Roast the vegetables

1. Heat the oven to 400 degrees.
2. Place all the vegetables except the cherry tomatoes on a large baking sheet.
3. Drizzle with olive oil, salt and pepper or PGS.
4. Using your hands, toss the veggies until they are well coated.
5. Place sheet pan in the oven and roast for 15-20 minutes, then stir vegetables to insure even browning.
6. Add tomatoes and roast for another 10-15 minutes, until tomatoes have softened and the veggies are golden to your liking with a caramelized exterior.
7. Remove the baking sheet from the oven and squeeze lemon juice over the top.
8. In a large bowl, toss the warm farro with the veggie tomato mixture; drizzle with the vinaigrette and freshly chopped basil. Sprinkle with feta cheese before serving, if using.

Vinaigrette

Blend all ingredients together with a whisk or use a small blender.

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